PEDAL WHILE YOU WORK

Whistling is so Seven Dwarfs. Riding the elliptical while you take a conference call—now that’s more like it. The Cubii under-desk elliptical allows you to gently pedal all day long, and it syncs with fitness-monitoring devices like the Fitbit. The pedals are angled so your knees won’t hit the underside of your desk, and the low resistance makes for a nontedious workout that won’t distract you from filing that expense report.

FitnessCubed, preorder for $319; fitnesscubed.com.

EXERCISE

Harder, Faster, and Shorter

Hit a plateau? Swap out your usual cardio routine for high-intensity interval training. Short, intense bursts torch more calories and condition the heart more effectively, says physician and FastExercise author Michael Mosley. Try these power moves:

- **Barry’s Bootcamp’s Combat Burpee**
  Throw four punches with your right hand, jump into plank position, do one push-up, then jump up. Repeat on the opposite side, alternating for one minute.

- **Physique 57’s Passé Push-Up**
  From the push-up position, pull in your left knee, drawing your left toes to your inner right thigh; bend your elbows and lift your knee out to the side. Repeat 10 times, then switch sides.

- **SoulCycle’s Soul 15**
  Facing the back of a chair, lift one leg at a 90-degree angle parallel to the chair, repeating 20 times. Switch legs; repeat for a total of three sets.

Log In & Laser

The results from the first generation of at-home lasers were a little like the emperor’s new clothes—you saw them if you believed in them. “Today’s versions penetrate deep below the skin’s surface to stimulate collagen production,” says Dr. Tanzi. The Iluminage Skin Smoothing Laser treats wrinkles around super-sensitive areas, like the eyes. Bonus: The device transmits data to your online account, where you can track progress and upload pics.

Rev Up Your Latte

It turns out those rich coffee drinks might not be as bad for you as you think—if they’re loaded with the right kind of fats, says Dr. Lipman, who, along with stars like Shailene Woodley and Jimmy Fallon, starts the day with Bulletproof Coffee, a blend of good old-fashioned grounds, coconut oil, and grass-fed butter. The fats from the oil and butter counteract coffee’s acidity, curb cravings, and fuel your brain for the day, he explains.


Have a Fully Stocked Stash

If you’re digging rubs of lipstick from the tube because you can’t be bothered to make a Sephora run, download the beauty-tracking app Stash Beauty (free; available on iTunes). Scan the bar codes of your products and track how often you use them, then the app’s replenishment algorithm calculates when you’re low. It adds them to your virtual cart, waits for your approval, and ships refills to your doorstep.