

EAT SMART BEFIT LIVE WELL

# Cooking Light

DECEMBER 2008

The best  
to you in  
this special  
double  
issue

## Hot chocolate fudge cakes

Easy to make ahead!

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**119** fabulous,  
festive recipes

for dinners, desserts, and everything  
else you need for the season

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EXPERT PICKS

# Gifts for those who love fitness

Spruce up your swim with a pace keeper and a personalized beach towel.



## For the swimmer



**Cami Stock**, master swim coach at Chelsea Piers Aquatics Center in New York City. **Pick:** Finis Tempo Trainer (\$32; [www.finisinc.com](http://www.finisinc.com), 888-333-4647). **Why:** "The Finis Tempo Trainer is a small disk that can be fastened to your swimsuit strap or worn under the cap to help gauge stroke consistency. The device emits audible beeps that can act as a virtual coach, helping swimmers improve pace and efficiency. It's also versatile—use it to work on running and cycling cadence, as well."

**Bonus pick:** Shadow Dots Monogrammed Beach Towel (\$26.50, plus \$5 for monogramming; [www.landsend.com](http://www.landsend.com), 800-963-4816). **Why:** "A monogrammed towel is a thoughtful, personal way to make your swimmer think of you every time he or she goes to the pool. Since many towels look the same on deck, it's also an easy way to keep track of your towel."

Lucy