



Keep Dad Healthy and Happy

Make sure he enjoys a lot more Father's Days

This might not seem as much fun as a dozen golf balls or tickets to **the ballgame**.

And it's not.

But if you give your father a gift this Sunday that helps him stay healthy, it says: I love you and want you to stick around for several more decades so we can enjoy this priceless bond we share as long as possible.

But with no mushy words. It's a win-win.

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Try one of these gifts, as seen on *The Today Show* this morning:

Electric toothbrush

It's actually a high-tech weapon against **heart disease**. The bacteria that cause gum disease can travel through the bloodstream to the heart and trigger artery-blocking inflammation. Researchers at the University of Buffalo found that people with infected gums have twice the risk of heart disease as those whose mouths were healthy. Pair a plaque-blasting Sonicare with a pack of floss and you'll add years to his life.

We recommend:

Philips Sonicare e9500 (\$150)

Hand-grip strengthener

What guy wouldn't want a firmer handshake *and* lower blood pressure? A grip strengthener builds muscle in your mitts and improves the function and flexibility of your blood vessels. Research shows that squeezing a grip strengthener three times a week for 8 weeks can reduce a person's systolic blood pressure (the top number) by 15 points and their diastolic pressure (bottom number) by 5 points.

We recommend:

Improvements Talking Digital Hand Grip (\$13)

Body-fat scale

When a man weighs himself he doesn't see how much of his extra poundage is in his paunch, a.k.a. visceral fat. Boston researchers found men with large amounts of visceral fat had a 1.5 times greater risk of developing heart disease than guys without the spare tire. A body-fat scale delivers measures the percentage of body fat that he needs to burn off from his belly.

We recommend:

Tanita Ironman BC558 Segmental Body Composition Scale (\$300)

Pedometer

The more steps a guy takes throughout the day, the healthier he'll be. Researchers found that people who wore a pedometer for 12 weeks and increased their total steps by 3,500 a day to 10,500 lowered their resting heart rate and waist circumference. And now you can get one built into a cell phone.

We recommend:

Sony Ericsson W710 (\$260)

With these Bluetooth headphones

Motorola S9 Bluetooth Headphones (\$100)

Or these headphones for work.

Workers who spent two- thirds of the work day with a phone wedged between their head and shoulder were 1.5 times more likely to develop neck pain. Plus, 50 percent of office workers who spent at least two hours on the phone had neck pain and headaches, according to British researchers at the University of Surrey.

We recommend:

Plantronics Voyager 510SL (\$300).

Heartrate monitor

If dad wears this gadget while exercising, he'll be able to adjust the intensity of his effort so that his heartrate is always in the optimal zone. Exercising at 80 percent of your maximum heart rate (MHR) is intense enough to burn copious calories but not so strenuous that it can't be sustained.

We recommend:

Suunto T3 Heart Rate Monitor (\$150)

Blood-pressure monitor

Because of the stress of being in a doctor's exam room, a man's blood pressure can spike, resulting in a false reading (called "whitecoat hypertension"). For more accurate and frequent readings, give him an electronic blood-pressure monitor. A study found that measuring BP at home was more accurate than at a clinic. He can even store and download his morning readings: Japanese researchers discovered that A.M. hypertension equals a strong risk of a stroke.

We recommend:

Omron HEM-780 (\$110)

[http://www.menshealth.com/cda/article.do
?site=MensHealth&channel=weight.loss&category=abs.diet
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