

gotta have it

By Wendy Oswald Kinney

Resolve to get fit
and get organized.



PHOTOS: ANDY FOSTER

FITNESS LIFESTYLES ASBURY PARK

Since opening his business as an exercise-equipment repair company in 1984, president and owner Leo Clark has grown it into a 50,000-square-foot store with an exhaustive inventory that includes fitness machines—new and pre-owned at a range of price points—for commercial and retail customers. (614 Cookman Avenue; 732-775-1630; fitnesslifestyles.com).



1 ROLL WITH IT The Indo Board workout will improve balance, coordination, and leg strength. It comes with a standard roller and an inflatable cushion for added versatility; \$140. **2 GOLD STANDARD** This replica of an Olympic barbell plate makes an inspiring clock. Made of high-impact polymer resin, it weighs only 1 pound, features quartz movement, and is powered by a single AA battery; \$35. **3 SUIT UP** Be a walking advertisement for your commitment; \$12.