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HEALTH

A tighter grasp on exercise

Sun Salutations Yoga Grip Hand and Foot Gloves:

Thin cotton-Lycra gloves that help keep hands and feet from slipping on a sweaty mat.

Likes: Non-slip gloves also protect hands from sweat and germs. Can be used for other activities such as Pilates and weight-lifting. Washable and fast-drying.

Dislikes: None.

Price: \$14.98. (888) 411-4747; www.yogagrip-gloves.com.

