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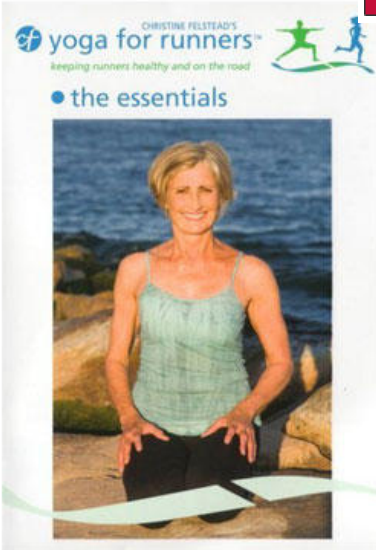


10 Best Fitness DVDs

Work out at home with these must-have exercise videos

By Abigail L. Cuffey Posted March 03, 2010 from [WomansDay.com](#)

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Christine Felstead's Yoga for Runners: The Essentials

Contrary to what many people think, running and yoga practice go hand in hand. I'll admit, I was a bit skeptical at first, but quickly became hooked on the easy moves and calm instruction that show you how to tailor a yoga practice to benefit your running. I recommend it as a necessity for any runners looking to get a leg up on the competition. \$17.99; [Amazon.com](#)

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