



**January 12, 2007**

## **Executive Toy Box**

### **AirDefense CEO's Treadmill**

**By David M. Ewalt**

**What's your single favorite gadget?**

Reebok RBX 600 Treadmill with iFit technology

**Why do you love it?**

I can wire up my heart rate, pulse and course selection to constantly monitor how I'm performing. This is helpful when I've been away for awhile. I can immediately see what I need to do to get back to my best performances and then target surpassing them.

**What would you change about it?**

Just about everything comes with it now versus a few years ago. Included today are personal online coaching assistants, internet connectivity agents, monitor and stereo hookups. The treadmill does everything except run the course for you.

**What's the one device you wish someone would invent?**

A snow skiing "treadmill" model to match the sophistication of the running model. As much as I enjoy running, I'm a powder skier at heart!

