



IN! Games that get you moving! (Ashley Tisdale playing Dance Central)

What's IN What's OUT

The latest on our style radar

OUT! Over-attachment to tech! (Paris Hilton)



IN

Full-Body Video Games

"With Wii, Kinect for Xbox 360 and PlayStation Move, you can use your body, not a joystick, to control the motion. You become a part of the game! Whether you're in the mood to work up a sweat with Dance Central or sing karaoke with the cast of *Glee*, it's perfect for parties."
—Mia Kim, tech expert, *popgadget.net*

OUT

Taking Your Tech Everywhere

"Tech addicts have gone overboard bringing their devices wherever they go! Businesses and restaurants have started tech-free zones where no smart phones, Kindles, computers or iPads are allowed."
—Jennifer Ganshirt, managing partner, *Frank About Women*, a marketing-to-women firm

Pies

"They're the new cupcakes! Traditional recipes and new takes on crusts (like pretzel) are both on the rise."
—Gail Simmons, host of *Bravo's Top Chef Just Desserts*



IN! A delicious slice!



OUT! Sleek and modern!

Angular Furniture

"We're moving away from right angles and shiny surfaces. Rougher finishes with texture and character are what's hot right now."
—Nick Olsen, interior decorator, N.Y.C.



IN! Stretching! (Kelly Bensimon)

Therapeutic Exercise Class

"People have gotten increasingly hardcore in their workouts. To enhance their performance, fitness buffs are adding flexibility and soft-tissue release classes to their regimens. It restores their bodies."
—Carol Espel, national director of group fitness, *Equinox gyms*

Long Spa Treatments!

"People are pressed for time and money these days, so instead of a day at the spa, 15-minute micro-treatments are growing in popularity."
—Melissa Biggs Bradley, founder of *Indagare.com*, a travel website



OUT! Full-on spa days!

Pet GPS

"Now you can get a 'yapp'—an iPhone app for pets! Spot-Lite's GPS pet locator will alert you via text message if your pet has escaped, and it can track their collar."
—Janet McCulley, pet trendologist, *Animal Planet*



SpotLite "GPS Pet Locator," \$149.99 plus \$14.99 monthly service fee; 866-989-7768; spotlightgps.com

Foodie Cocktails



OUT! Edible mixology!

"Weird concoctions like dill pepper martinis and ricotta cheese cosmopolitans are fun to try once, but the novelty has worn off. We're seeing a return to old-fashioned classics."
—Jessica Reuben, associate editor, *UrbanDaddy.com*, a lifestyle website

Electronic Dance Music

"It was in full effect, but we're switching to a slower tempo, with tribal drums and classic songwriting like Bruno Mars."
—Kevin Rudolf, deejay and artist-producer