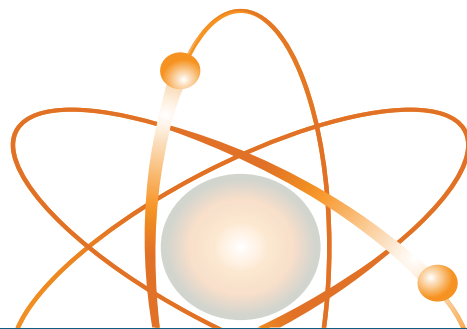




ACTIVITY

Couch Potato Fitness: Too Good to Be True?

EMS (electrical muscle stimulation) products promise to tone muscles without exercise (a process called “passive exercise”).

Spend some time researching these devices. Are they safe? Are they effective? Are they based on real science?

