

The bestselling guide to creating the 21st century home  
— now fully updated!

# Smart Homes

## FOR DUMMIES<sup>®</sup>

2nd Edition

**A Reference  
for the  
Rest of Us!**<sup>®</sup>

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security system,  
home theater,  
and more



## *Losing Weight on the Internet*

There's something about riding an exercise bike to nowhere. It just doesn't work for us. Danny has a computer monitor, keyboard, and wireless mouse mounted just above the front of his treadmill to take in the best of the Web each morning.

But the folks at Icon Fitness ([www.ifit.com](http://www.ifit.com)) have taken it a step further by linking your exercise equipment, the Internet, live personal coaches, and library of audio and video slide tours that will make each day exercising a new adventure.

You can hike up the hills of San Francisco or explore Hawaii's Volcanoes, take in the Canadian Rockies or climb in Yosemite National Park. You can be berated by a drill-sergeant-like trainer or soothed with a firm voice. You can choose background music, your level, your pace, and more. What's neat about Icon Fitness is that they not only provide you with something to watch, but they can remotely control more than 100 models of treadmills, elliptical trainers, stationary bikes, and incline trainers — from Icon's NordicTrack, Pro-Form, Reebok, HealthRider, and Image divisions ([www.iconfitness.com](http://www.iconfitness.com)). Pricing is less than you'd pay for a fancy gym workout — \$9.95 per month. Not bad!

You can also get a live trainer, courtesy of Internet videoconferencing. For 45 minutes and \$30, you see and hear the trainer — and the trainer sees and hears you. A great use of the Webcams we talk about in Chapter 12.

## *Getting Personal Television Service*

If you travel a lot, you probably have trouble keeping current on your favorite TV shows. You could tape the shows on your VCR — if you remember to program the machine properly. But if you're tired of battling the VCR gremlins,

### **A computer in every car**

Some specialty devices seem very functional for those who want a little more from their car. G-Net Canada's ([www.gnetcanada.com](http://www.gnetcanada.com)) Revolution Auto PC, for instance, is a \$1300 add-on (not including the LCD screen) that gives you just about all you'd want to drive your smart car. It includes an MP3 audio player, a DVD player, GPS navigation support, vehicle diagnostics, a

digital dash software interface, as well as a full Windows PC that can run any application you want. Slap a simple USB-to-802.11b or Bluetooth dongle on it, and you can network it with your home network. They call this "the future of in-vehicle computing" — we tend to believe that!