

fit and fabulous

Looking for the perfect gear to inspire you to get up and move? We found pieces that deliver on performance and style for all your favorite workouts. An added bonus: These outfits work hard in the studio *and* look great on the street. Just like you. **BY MANDY RICH**



RUNNING

This lightweight outfit is perfect for hitting the open road or logging miles on the treadmill. The color-blocking on the tee (made from moisture-wicking fabric) slims your body, and the shorts won't weigh you down. Asics running shoes provide needed support in on-trend color combos.

L.L.Bean Circuit Running Tee, \$40, llbean.com. FILA SPORT Multi Runners Shorts, \$30, kohls.com. ASICS GEL-Nimbus 19, \$160, asicsamerica.com, ASICS stores, and sports specialty retail stores.



This stylish workhorse has room for all your gear!
Sweaty Betty All Sport Backpack, \$115, sweatybetty.com.



SPIN & CYCLE

Snake print and mesh sculpt your legs while showing just a little flash of skin. This bold tank adds a pop of color with a cut that flatters your shoulders. And these power-purple cleats will keep you clipped in and climbing those hills like a pro.

Adidas Outdoor Performance Step Up Tank, \$25, adidasoutdoor.com. Ava Eclectic 7/8 Capri, \$60, marika.com. Specialized Bicycles Women's Ember Road Shoes, \$150, specialized.com.



Get those steps in & hydrate!

Fitbit Alta, \$130; Full Circle Hydrate Mate, \$9, both at jet.com.



PHOTOGRAPHY: DAVID LAZARUS; MARKET EDITOR: JASMINE CHANG; ON-SET STYLING: ALEX SILVA FOR BERNSTEIN ANDRIULLI.



SWIM

Shine like a starlet in the sea and on the shore. The crisscross detailing at the waist of this suit creates a flattering hourglass shape. An updated straw hat and metallic flip-flops bring a bit of luxe glam to the look.

Cappelli Strawworld resort-style hat with 4-inch brim, \$30, thehatshop.com. PB Sport Mountain Shadow High Neck Cross Mio, \$89, shopblums.com. Old Navy Classic Flip-Flops, \$4, oldnavy.com.



YOGA

Bring a little OMG to your "om" with this comfy, cool-girl graphic top and luna leggings. Need a splash of color to keep you motivated? Try a classic blue mat. If you're a yogi in progress, use a block for support in more difficult poses so you can namas/ay!

Luciana OK, But First Yoga crewneck in grey, \$54, luciana.store. Onzie High Rise Graphic Las Lunas Legging, \$76, onzie.com. Deluxe Yoga Block by Balance Collection, \$10; SMM Fitness Mat, \$25, both at marika.com.



THE BEST SUPPORT HAVEN'T FOUND 'THE ONE'?

We totally get it! We all come in different shapes and sizes, which can make shopping for a new sports bra a difficult task—but it doesn't need to be. Go to weightwatchers.com/us/sportsbras to see our favorites for all your fitness needs.

Grey and Orange C9 Champion Strappy Cami Sports Bra, \$20, target.com/c9.