



Stacy Keibler and Karolina Kurkova (below) get fit in bright shades.



**HEAVY LIFTING**

The walk or ride to the gym requires a bag big on style. Trade in your shapeless duffel for a piece of arm candy that could pass as an everyday purse. The chance to carry a bag crafted from a fun fabric such as PVC or rainbow-hued leather may be just the push you need to get you off the couch and into the gym.

Striped leather satchel, \$1,190, Reed Krakoff, [reedkrakoff.com](http://reedkrakoff.com)  
 Marc by Marc Jacobs monogrammed PVC tote, \$228, Net-a-Porter, [net-a-porter.com](http://net-a-porter.com)



**Braided headbands**, \$10 each, Under Armour, [underarmour.com](http://underarmour.com)  
**Goody Ouchless ribbon elastics**, check drug and department stores for prices, [goody.com](http://goody.com)

**GYM BUDDY**

A bad hair day should be the least of your worries when sweating up a storm. Give Richard Simmons a run for his money and fight fly-aways while getting into the braid trend with a woven silicone headband by Under Armour. Or cure your fear of knots with ribbon elastics by Goody that promise ouch-free styles.



**SHORT HAUL**

Compression capris provide both support and style – plus they're reversible.

**Reversible compression capri pants**, \$25, Old Navy, [oldnavy.ca](http://oldnavy.ca)

**T TIME**

Yoga gear and Dri-Fit tanks aren't the only uniform of choice for fitness pros. Mimic Sienna Miller and Elle Macpherson's gym stylings with an in-your-face graphic stretch T-shirt by Lucas Hugh that feels as good as it looks because of ultra-soft fibres for sensitive skin. Or show off your team spirit in a fun vintage-inspired varsity style by Canadian brand North Star.



**Script T-shirt**, \$30, North Star, [northstarsportswear.ca](http://northstarsportswear.ca)  
**Lucas Hugh performance printed stretch T-shirt**, \$195, Net-a-Porter



**WARM UP**

Don't let a little snow hold you back. Brave the Canadian winter in a running jacket designed for the most extreme climates, offering thermal warmth without the bulk. For a brisk walk, slip on a lightweight down-filled vest.

**Extreme Element run jacket**, \$180, Running Room, [runningroom.com](http://runningroom.com)  
**North Face vest**, \$180, Sporting Life, [sportinglife.ca](http://sportinglife.ca)

**HAUTE EQUIPMENT**

A game of tennis or a set of bicep curls is all the more appealing with Chanel in hand.

**Tennis racket and weights**, \$525 and \$725, Chanel, [chanel.com](http://chanel.com)

**WEIGHT WATCHER**

Share your best training times with fitness-minded friends by using the Nike+ Fuelband, a wristwatch that tracks your every move and can upload results to social media sites. Or note your progress with a mini heart-rate monitor.

**Nike+ Fuelband**, \$149, [nike.com/ca](http://nike.com/ca)  
**Polar heart-rate monitor**, \$125, Mountain Equipment Co-op, [mec.ca](http://mec.ca)



Gwyneth wears comfortable gear to go running.

SHOPPING

# Top Gear for the NEW YEAR

Head back to the gym in style with a new workout wardrobe worthy of a spot on the runway



**SUPPORT SYSTEM**

Bust any bounce with a bold sports bra that's as easy on the eyes as it is effective. Keep cool and dry with Nike's compression sports bra, which boasts moisture-wicking Dri-Fit technology. Or slip into a top designed for runners: the Shock Absorber Run Bra feels like a second skin thanks to its lightweight, seam-free design and moulded cups.

**Shock Absorber Run Bra**, \$69, the Bay, Running Room, Sportchek, [shockabsorber.co.uk](http://shockabsorber.co.uk)  
**Nike Dri-Fit Pro compression bra**, \$40, Sporting Life



**COOL RUNNINGS**

Have the fanciest feet on the treadmill with a pair of personalized sneakers from Reebok. Shoppers can customize up to 23 different areas with 19 colour options and four different materials. Or put a little spring in your step with dance fitness sneakers by Bloch.

**Top: Bloch dance fitness sneaker**, \$100, Sporting Life  
**Bottom: YourReebok customizable shoe**, from \$90, Reebok, [reebok.ca](http://reebok.ca)



**Goop x Beyond Yoga quilted one-shoulder yoga top and side-panel leggings**, \$75 and \$99, [goop.com](http://goop.com)

**GWYNETH'S GEAR**

What does lifestyle guru and yoga aficionado Gwyneth Paltrow do when she can't find the perfect yoga top? She makes one! "I've always wanted a one-shouldered exercise top and could never find one, so we've collaborated with Beyond Yoga to make my dream top!" says the lean 40-year-old star. For Gwyneth's beauty tips, see next page.

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