

June 24, 2011 by Marla Horenbein

## Fashion Diaries: Why Do We Workout?

Everyone here at FITNESS seems to have their own workout regimen that helps them stay fit during the summer. Whether it's taking classes at SoulCycle like our fitness editor Jenna does, trying a trampoline class like Karla our editorial assistant, or doing yoga in the park with the lovelies over at Lululemon, it's important to do what makes you feel good—and of course, look good.

My personal favorite way to exercise is to hit the streets and go for a run. Since I ran my first half-marathon in April, I have been addicted to the sport and can't wait to run the Philadelphia Half in November! But for the fashion team, hitting the gym hard (like Melissa does) or going for a jog (like

Argy and I do) means more than just burning calories and getting our endorphins flowing. We exercise so that we can look good in all of the season's latest fashions!

Here are some of our favorite summer workout pieces that we wear so that we can look amazing in the gym—then out for a night on the town.







Run (clockwise from top): Champion bra, \$40, championusa.com. Skull Candy earbuds, \$50, skullcandy.com. Camelbak water bottle, \$30, camelbak.com. Saucony sneakers, \$90, saucony. com. Adidas by Stella McCartney shorts,\$75, shopadidas.com. Helly Hansen tank, \$40, hellyhansen.com.

Play (clockwise from top): Mosley Tribes sunglasses, \$180, mosley tribes.com. Marc by Marc Jacobs dress, \$280, net-a-porter.com. Lanvin shoes, \$417, net-a-porter.com. Dannijo bracelet, \$488, dannijo. com. Asos clutch, \$78, asos.com. Essie nail polish, \$8, essie.com.