



## LOOK THE PART

**1 Solow Space Dye leggings** Solow's Space Dye leggings are made from special sweat-wicking, stylish and comfy jersey and feature a wide elastic waistband. \$86, [ladybirdfashion.com](http://ladybirdfashion.com)  
**2 Fitbit Flex and Jawbone UP24 activity trackers** These small wristband devices keep you active and healthy by keeping track of the steps you've taken, the distance you've gone and the calories you've burned throughout the day. At night, they monitor your sleep habits. \$99.95, [fitbit.com](http://fitbit.com); \$130, [jawbone.com](http://jawbone.com) **3 The Grid Roll** the Grid on any muscle to reduce soreness, improve mobility and circulation and clear lactic acid from tight knots. It's a small, indispensable addition to your gym bag. \$40, [roguefitness.com](http://roguefitness.com) **4 Smartwool PhD 2-in-1 shorts** A good pair of shorts is key. A seamless Merino wool liner naturally regulates heat and wicks moisture, while a polyester outer layer features a zippered rear pocket and reflective material. \$90, [frontrunnercolumbus.com](http://frontrunnercolumbus.com) **5 Heads Up Bands headband** Breast cancer survivor Lorrie McCarty started making these headbands after her hair grew back curly. When friends started asking her where they could get them, she decided to start a business. McCarty now sells her bands in 150 stores nationwide and has raised nearly \$50,000 for the Spielman Fund. \$15, [frontrunnercolumbus.com](http://frontrunnercolumbus.com) **6 Saucony Guide 8** The Guide 8 is stable without being stiff. Designed for moderate pronation, it's lushly cushioned and lightweight. \$120, [frontrunnercolumbus.com](http://frontrunnercolumbus.com) **7 Bend Active Bamboo Tank** This tank top is made from bamboo fiber, says Adam Heller, who started Bend Active with his wife, Laura. Bamboo is perfect for workout clothes: it's moisture-wicking, anti-odor and has stretch. \$29, [bendactive.com](http://bendactive.com) **8 Rogue Fitness kettlebells** Rogue's line of color-coded kettlebells (9 to 203 pounds) are cast in one solid piece using high-quality iron. \$22 to \$224, [roguefitness.com](http://roguefitness.com) **9 Nike Brasilia gym bag** Made of rugged polyester, this bag's breathable, organizable and the perfect size to fit everything you need for a trip to the gym. \$30, [dickssportinggoods.com](http://dickssportinggoods.com) —Tristan Eden