



HIT THE TRAIL ▶

The REI Trail 25 Pack in Black Sapphire has padded mesh-covered straps to keep you cool and comfy while hiking. Plus, it has pockets and storage for everything from your water bottle and phone to snacks and sunglasses. **\$69.50, rei.com**



STICK TO IT

Prevent your feet from sliding on the dance floor, at the barre or on the mat with the nonslip ToeSox Half Toe Bella Grip Socks in Siren. Made from organic cotton, these socks have a five-toe design, offering flexibility and comfort. **\$18, toesox.com**



FASHIONABLE FITNESS ▲

Keep track of your fitness goals in style with the super-sleek Q Dreamer Sand Leather Activity Tracker, which tracks daily steps and calories burned. **\$125, fossil.com**

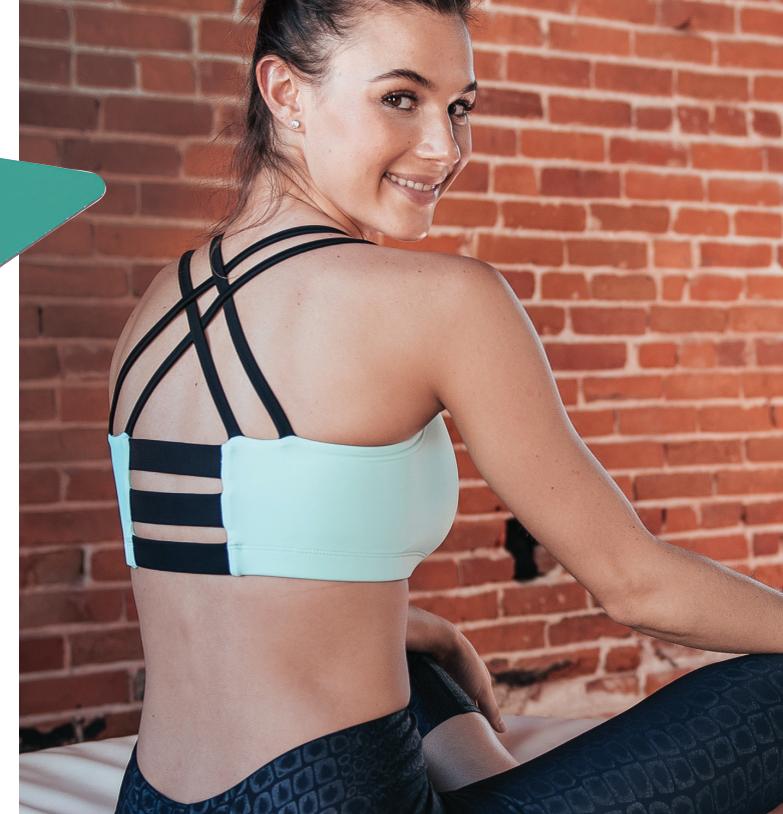


GET YOUR "OM" ON ▲

Made from recyclable PLUSfoam, the earth-friendly Manduka LiveON Mat 5mm is lightweight yet sturdy enough for all your poses. **\$58, manduka.com**

FULL SUPPORT ▶

The Valleau Apparel Sunset Sports Bra features crossed double shoulder straps that offer comfortable support for everything from yoga to running. **\$42, valleuapparel.com**



Movement Must-Haves

Exercise plays a starring role in weight loss. Sweat it out with these fun items that will inspire a more active lifestyle.

BY LAURA SCHOBBER



STON JUMP ROPES IMAGE BY ROGUE FITNESS

JUMP, JUMP! ▲

Choose from among five colors and five cable weights to customize your own jump rope from the Rx Custom Jump Ropes. Use the online sizing chart to find the best rope length for your **ess.com**

Editors' Choice SMART WATCH ▶

Call it your very own personal trainer – the water- and sweat-resistant Fitbit Blaze offers free onscreen workouts, measures your heart rate and has a smartphone-connected GPS that delivers your run stats to track your progress. **\$200, fitbit.com**



TURN UP THE MUSIC ▶

The Beats by Dr. Dre urBeats block out background noise while you're working up a sweat, making these ideal for any type of exercise. The ear tips come in a variety of sizes so you can ensure they stay in place whether you're walking, jogging or lifting weights. Available in six colors. **\$100, beatsbydre.com**

WORDS TO LIFT BY ▶

Show your passion for fitness with FTD Apparel's motivational "Live Love Lift" racerback tank top. **\$18, ftdapparel.com**



FILTERED H2O ▶

With its spill-proof bite valve and plant-based filter, the BPA-free CamelBak Groove water bottle keeps your water free of contaminants so you can drink easy. It comes in a variety of colors as well as stainless steel. **\$20, camelbak.com for where to buy**



YOGA BAG ▶

Transport your mat to yoga class in this pretty Gaiam On-the-Go Yoga Mat Carrier, which has two thin shoulder straps and an expandable zipper pocket to store your phone, wallet and keys. **\$15, gaiam.com**

