

#WHSTRONG

MORE WELLNESS INSPO FROM CELEBS...AND YOU!

Street Style: FITNESS EDITION

Robbie Ann Darby, 34, New York City

After battling an eating disorder for 14 years, Robbie Ann now has a healthy relationship with her body, which inspired her to launch an online wellness site, RAD Experience. As a fitness instructor with 10 classes a day, she's a pro at squeezing in her own workouts. "Short and intense HIIT sessions are my favorite."

Post your own sweat-ready style on Instagram and tag it #WHStreetStyle. You could be featured here!



SPORTS BRA

"Nothing's worse than fighting to take off your bra at the end of the day, so I usually wear sports bras that are easy to remove—this one especially, since it's lower cut."

SHOES

"Years of dancing and playing sports caused foot problems, so I have different shoes for every workout, like these Nike trainers, which I wear only to teach, lift, and run errands."

TRACKER

She never leaves home without her Fitbit, which she uses to measure not calories burned but her heart rate—a metric that won't trigger her old eating-disorder behavior.

LEGGINGS

This bondage style from Onzie is Robbie Ann's go-to on busy days. "They're fancy enough to wear out, and they withstand any sweat session."



What's in Brooklyn Sudano's Workout Bag?

Despite not being much of a "gym person," the star of NBC's new crime drama *Taken* praises her good genes for "being muscular by nature" (shout out to mom Donna Summer!). To stay active, Brooklyn does yoga and Pilates and hikes L.A.'s various canyons. "I do workouts that will keep me lean, fit, and heart-healthy," she says.

Tumi Just In Case Travel Duffel in Black

"It's a big open bag, so I can throw everything in there and go—also the nylon fabric makes it light." \$95, tumi.com



Kiehl's Lip Balm #1
"Living in a dry area like L.A., this is always with me—it's super moisturizing and not übersticky or waxy." \$7, kiehls.com

Simply Gum in Mint

"I like to keep gum in my mouth when I'm working out to stay hydrated—this one's all natural." \$3, simplygum.com

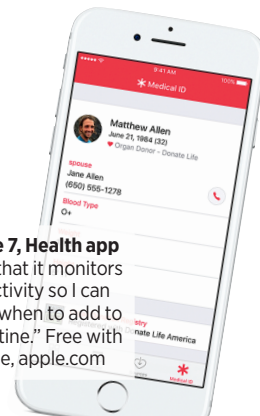


Stance Socks Fusion Run

"They don't slip down when I'm on a hike or a walk." \$15, stance.com



iPhone 7, Health app
"I love that it monitors my activity so I can gauge when to add to my routine." Free with phone, apple.com



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