

groove

Get your groove on with fashions and fun

THE BEST WORKOUT GEAR FOR GETTING IN SHAPE

BY MARY JO MATSUMOTO

The concept of reward and recognition is one of the main components to lasting weight loss success, according to the body image experts I interviewed for my forthcoming book, *How to Get a Body Like A Rock Star (Without Suffering, Starvation, or Spending A Fortune)*. When you're exercising and watching your diet, experts feel it's important to reward yourself by buying new clothes that reinforce the fact that you have indeed lost weight. What better way to stay motivated than picking up some great new workout clothes? Here are some tempting and practical "rewards" I think you'll love.

Timing is everything

Keep an eye on your workout and make sure you don't quit just because you're feeling a little lazy. Working out that extra five minutes can add up to noticeable results within a couple of weeks! The Baby-G Atomic Time-keeping watch by Casio is waterproof and shock resistant, and comes with a stopwatch among other handy features. Suggested retail: \$99. (At select Macy's, Bloomingdales, Watch Station, Watch World and www.casio.com)



Keep your eye on the prize

Combining form and function, these super-cool frames are light as a feather and will help you block the glare of winter sun in style. Don't let the thin lines of the stems throw you: This state-of-the-art design has just the right light contact pressure and guarantees your wearing comfort. Worn by NASA astronauts, Silhouettes provide a perfect view in any situation. (www.silhouette.com)



Liven up

Who says workouts have to be drab? The New Balance women's-only Hopscotch Hoody is a high-performance workout piece that's cute enough to wear around town. It's a semi-fitted long-sleeved running top featuring mid-weight Lightening Dry™ fabric for thermal moisture transfer. An integrated hood provides added warmth, thumbholes at the cuffs ensure extra coverage for cool days, and offset seams prevent chafing. The Hopscotch Hoody retails for \$50. (www.newbalance.com)

Keep on trucking

This Cruz Top mock turtleneck design by New Balance is another piece you'll love even if you're only running errands. Composed of a stretch textured mid-weight Lightening Dry™ fabric, this fun top is ideal for three seasons of running. A mock turtleneck design and thumbholes at the cuffs both provide increased coverage for cooler runs, while offset, flat-locked seams prevent chafing. The Cruz Top retails for \$50. (www.newbalance.com)



About the author: Fashion designer and style expert Mary Jo Matsumoto writes several fashion columns, maintains a daily blog at www.trustyourstyle.com, and believes that beauty is from the inside out. For more information, visit www.maryjomatsumoto.com.