



Stay stylish in the gym

By Dina Fierro | Special to amNewYork

1:48 PM EDT, July 27, 2008

During the summer, less clothing is de rigeur and staying fit is essential. Thankfully, workout gear can marry stylish form and function this season with fabrics that keep you cool, dry and even chic.

Zobha offers up bold, stylish workout apparel that's flexible enough for the fluid movements in yoga and Pilates practice. Best of all, the carefully constructed fabrics offer support and flatter figures of all shapes and sizes. Try the chic, colorblock Katharine Bra under a tee or wear it alone to show off those hard-earned abs.

"Well thought-out fitness gear that easily translates to cute street wear is huge in encouraging people to work out more," says **Stacy Berman, founder of Stacy's Boot Camp** fitness program in Manhattan. Brooklyn brand Omala follows that mantra. Try the clever iPod Dress (\$90) or iPod capris (\$65). Both boast 3G-friendly pockets and use lightweight bamboo fibers that are perfect for hot weather.

This season's hottest shoe is undoubtedly the gladiator, but the FitFlops version takes toning to a new level. Developed by Marcia Kilgore, these sandals challenge lesser-used muscles while you walk, leaving legs toned. Get the bold black patent gladiator style for extra kick.

For those who prefer more traditional footwear, Brooks has you covered. Launched last week, the Trance 8 boasts BioMoGo, the first environmentally friendly, biodegradable midsole. Meanwhile, the upper sole is constructed of moisture-managing Element Mesh and linings, which means the Trance 8 keeps feet cool while offering cushioning and support.

"It's important, especially when exercising outside, to wear light colors as opposed to dark. Lighter colors will reflect the sun rather than absorb it," says Bethany Lyons, Crunch's fitness coordinator. Try Adea's Sea Cell line -- the soft tanks and capris come in a variety of pastels and use a seaweed-based fabric, which wicks perspiration from the skin and keeps skin feeling soft and smooth.

Copper may not be as precious as platinum, but its anti-fungal and anti-bacterial properties are worth their weight in gold. Aetrex Athletic Socks use imbedded copper ions to keep feet healthy and smelling fresh.

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