



START WITH...UN-BASIC BLACK

1/SUPPORT SYSTEM
The Aday Strike It Up sports bra (\$60; thisisaday.com) is triple-layered with extra compression in the front to keep the girls on lock and prevent nip slips.

2/FUN FATIGUES
The Vimmia Dark Camo leggings (\$101; vimmia.com) secretly sculpt legs, while the subtle pattern makes basic black tights not so boring.

A good jacket is a smart investment.



5/WARM UP
The Y-3 Airflow Jacket W (\$550; store.y-3.com/y3sport) protects you and goes with everything. Plus, the fringe detailing is super fresh.

3/DO A CUTE CROP
The Adidas Originals crop sweater (\$90; adidas.com) is a modest (and seriously cozy) way to show some skin. Hello, abs!

4/TREAT YOUR FEET
The moisture-wicking Stance Fusion Run Sock OTC (\$36; stance.com), with mesh venting, helps feet stay cool and blister-free. The padded heel feels so good.

START WITH...A SUNNY BASE



1/GLOWY TOP
The Mountain Hardwear Breeze AC tank (\$50; mountainhardwear.com) is light and airy and kicks sweat to the curb. In other words, it's pretty much the perfect gym top.

2/ABSTRACT LEGGINGS
Three-quarter-length tights, like the Brooks Ghost Crop (\$120; brooksrnning.com), offer enough coverage for all-over-the-place weather days.



3/GO FOR TEXTURE
The webbed Fila Rachele long-sleeve crop top (\$50; fila.com) comes with a built-in tank to keep you contained.



4/ADD A WIND STOPPER
The mesh upper of the Reebok Studio Faves Jacket Dye or Die (\$75; reebok.com) lets air flow freely. And that crisp white color? Love!

SCAN TO SHOP!
SCAN THE JACKET AT RIGHT TO BUY THE ITEMS ON THIS PAGE (SEE PAGE 8), OR VISIT HEALTH.COM/SHOP-NOW.