

SHAPE UP!

FROM FITNESS FASHION TO HEALTHY SNACKS, BETTER YOUR LIFE WITH OUR WELLNESS MUST-HAVES



Cameron Diaz digs Kind Snacks!

Start the day with gluten- and dairy-free breakfast bars made with 24 grams of whole grains.

Kind Snacks Honey Oat Breakfast Bar, \$4 for a box of eight, kindsnacks.com



Indulge in this guilt-free chocolate bar sweetened with unrefined coconut sugar.

Aloha Original Dark Chocolate, \$6, aloha.com



Stash pistachios, one of the lowest-calorie, lowest-fat nuts, everywhere for easy snacking and a good source of protein.

Wonderful Pistachios, getcrackin.com

This chewy, hearty pumpkin-seed-and-date snack is all organic and totally delicious.

Go Raw Pumpkin Seed Sprouted Bar, \$3, goraw.com



TOTE-ALLY CHIC

Gym rats can now look stylish even while lugging around workout gear! Crafted from luxe leather, nylon and croc-print fabric in black, burgundy and brown hues, GymTote looks polished from the outside and is made up of functional compartments inside. Hide sweaty clothing in a breathable and water-resistant section, slip sneakers into the bottom pocket and fold a yoga mat into the side flap. Then, head straight to dinner post-sweat sesh without missing a fashionable beat.



GymTote Sophia, \$225, gymtote.com

SUPERMODEL APPROVED

Sip on this: Juice brand Suja introduced Pressed Probiotic Waters made of organic fruits, vegetables and vegan probiotics. Victoria's Secret Angels **Behati Prinsloo** (inset) and **Lily Aldridge** are fans of the drink, which includes four subtly flavored varieties: **Ginger Lime**, **Orange Pineapple**, **Pineapple Lemon**, **Cayenne and Raspberry**. Packed with immunity and digestive benefits and only 10 calories each, they're a delicious way to stay healthy.



Suja Probiotic Water, \$3 each, Target stores