

GEARUP

Give your active arsenal a boost with our picks of the best items to use now

By Sara Marett-Carter

2

Best sneaker/walking

shoe: Puma Future Cat Low

Why we love it: Not just for its looks. This comfy suede sneaker tops the stylish walking-shoe category with its tart purple suede, lime-green interior and asymmetrical lace-up. \$130



5

Best

swimming goggles: Nike

Remora II M goggles

Why we love them: Because it's hard to look chic in goggles. But you'll be cool in the pool with these sleek mirrored lenses (for optimal vision both above and underwater) and pink frames. About \$32.



4

Best yoga wear: Karma Athletics

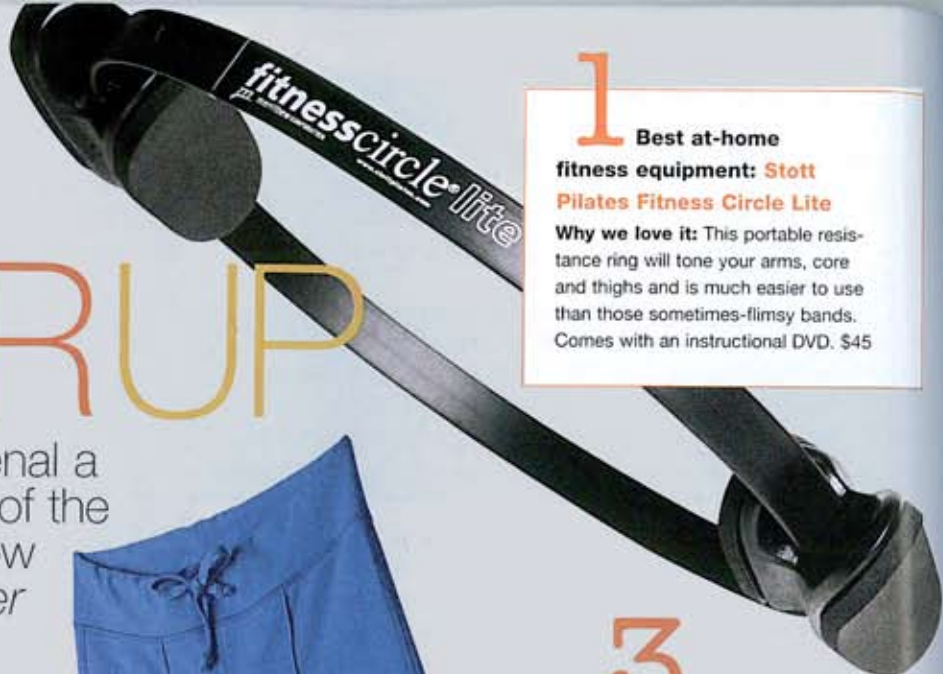
Why we love it: A fresh line out of Vancouver, Karma's extensive collection is made with high-quality fabrics that stand up to sweat-inducing classes and repeated launderings. We especially love the cozy jackets and long-sleeve tops that take you from your mat work to the coffee shop in style. \$50-\$100.



1

Best at-home fitness equipment: Stott Pilates Fitness Circle Lite

Why we love it: This portable resistance ring will tone your arms, core and thighs and is much easier to use than those sometimes-flimsy bands. Comes with an instructional DVD. \$45



3

Best heart-rate monitor: Polar S625X

Why we love it: This heart-rate monitor tracks your ticker and keeps you in the zone with speed, distance and pace monitoring. It also hooks up to your PC, so you can download your results after each training session to chart your progress. Who needs a personal trainer? \$450

