

# THE THREAD

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## Fit & Fab 2014: Healthy Choices & Chic Activewear

New Year, New You: kick your resolutions into high gear with activewear for every budget!



***Tough & Toned:*** [Nike 'Pro Hyperwarm' Tipped Half Zip Top & 'Pro Hyperwarm' Print Tights](#)  
[Nike 'Pro Hyperwarm' Training Top & 'Twisty' Print Crop Running Pants](#)

“We all have our fitness wake-up call at some point in our lives, and it can be a powerful catalyst for change,” says **Franci Cohen**, a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS, a total-body cardio resistance workout. “Unfortunately, many people overcompensate and try to change

everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be.”

***Go Girl!*** [Nike 'Rally' Hoodie, Pants & 'Free 5.0 Shield' Running Shoe](#)

So you've got the gear, now it's time for a little feel-good fitness! If you're looking for a total-body workout, check out these four tried-and-true exercise programs that are anything but routine.





*Health & Well-being:* Zella Pullover & Leggings

“Exercise is one of the most important things you can do for your health, but sometimes it’s hard to just get motivated,” adds **Franci**, who recommends keeping it fun with out-of-the-box programs that produce rapid results and sculpt the body.