

## OK! BODY & SOUL



**Old Navy**  
Go-Warm  
Performance 1/4  
Zip Pullover,  
\$27, oldnavy.com



**Sweaty Betty**  
Finalist Jacket, \$485,  
sweatybetty.com



**Skechers**  
**Performance**  
Go Shield Jacket,  
\$84, skechers.com

## TOP IT OFF



**Beloforte**  
Laila "Punch" Vest  
White,  
\$180, belo-forte.com

Trade your postworkout sweatshirt for a trendy athleisure jacket to make your gym outfit instantly street appropriate, like **Hailey Baldwin** does in the new Prabal Gurung Sport line at right, available exclusively at Bandier. "The idea is for our ready-to-wear and active collections to be somewhat interchangeable," says Prabal. "The bomber [on Hailey] can be mixed with a great trouser."



**Prabal Gurung Sport**  
Colorblock Neoprene  
Bomber Jacket, \$298,  
bandier.com



## CHERYL'S WINNING WARDROBE

**D**ancing with the Stars pro **Cheryl Burke** talks with OK! about her activewear line, Cee Bee Cheryl Burke, which features versatile styles that can go from workout to evening (available at qvc.com).

### Who did you imagine wearing this line?

It's designed for the woman who is active, busy and fashion conscious, with mix-and-match-friendly pieces.

### What's your favorite piece in the collection?

I live in the Zip Front Mock Neck Jacket

[right]. I wear it with a sports bra or a basic tee.

### What's your personal fitness routine?

Dancing is my favorite workout: You don't even realize you're exercising! It's better than running because you're working every muscle.

### Tell us about your beauty routine.

I typically put my hair in a top knot and wear low-key makeup. I moisturize, wear mascara and lipstick and do my eyebrows.



**Cee Bee**  
**Cheryl Burke**  
Zip Front Mock Neck  
Jacket, \$77, qvc.com



## DIET & DASH!

THE HEALTHY AND DELICIOUS WAY TO START YOUR DAY

LOST 37 LBS.

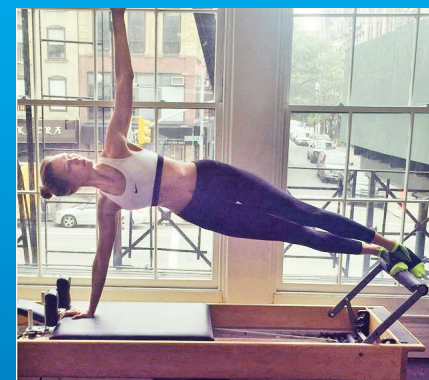
"My favorite trick is to mix the SlimFast Smoothies with my morning coffee. And now I have an energizing on-the-go solution with SlimFast SlimCafé," says Rachael Levi, who was on the SlimFast plan for 26 weeks.



**K**ick-start your morning with new Mocha Cappuccino from SlimFast! The high-protein meal replacement shake has as much caffeine as a cup of coffee and offers other benefits too: It aids in weight loss, helps to curb hunger for up to four hours and delivers 20 grams of protein and five grams of fiber, with only one gram of sugar! So you get a boost of energy and nutrients. Enjoy the drink on its own or as a key part of the clinically proven SlimFast Plan — and watch the pounds melt off.

Learn about the SlimFast Plan — two meal replacement shakes, three 100-calorie snacks and one sensible meal — at [SlimFast.com](http://SlimFast.com)

## A-LIST WORKOUTS THESE FITNESS FANATICS SHARE THEIR LOVE FOR BOUTIQUE STUDIOS ON INSTAGRAM



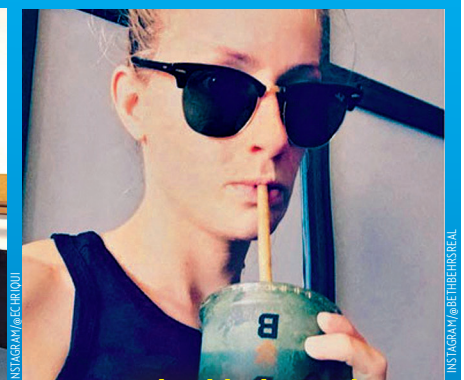
### @karliekloss

Supermodel Karlie Kloss posted a side-plank snapshot from her sessions at ModelFIT in NYC, captioning it, "stretch and strength training before work this morning."



### @echriqui

Emmanuelle Chriqui told her Instagram entourage about her routine at Physique 57's barre studio: "3 T's on a Tuesday.. #Toning #Tucking #Tightening loving @physique57."



### @bethbehrrreal

2 Broke Girls star Beth Behr rewarded herself post-sweat sesh at Barry's Boot Camp with a fresh green juice, announcing "morning a\*\* whopping complete!"