



HEALTHY HABITS
Model Miranda Kerr heads to her workout prepped with FIJI water and a brightly colored yoga mat.

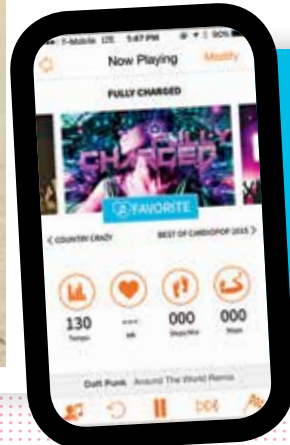
BODY & SOUL
OK!
AWARDS

THE EIGHT HEALTH AND WELLNESS PRODUCTS EVERY GIRL SHOULD SNAP UP THIS YEAR

BEST FOAM ROLLER

Designed with a hollow middle (which increases firmness) and multiple raised surfaces that vary pressure on contact, this 2.0-version foam roller releases tension in your muscles and keeps soft tissue healthy.

TriggerPoint
Grid Foam Rollers, \$40 each, tpththerapy.com



BEST MUSIC APP

By tracking the rhythm of your feet with your iPhone pedometer, RockMyRun's myBeat Steps feature curates DJ playlists with the same tempo, providing an in-sync companion to your sweat session that helps you take it in stride.

RockMyRun Fitness App, \$5 per month, rockmyrun.com



BEST MEAL PLAN

The clinically proven SlimFast Plan is our favorite way to lose weight safely and quickly. Simply replace two meals a day with SlimFast's shakes, smoothies or bars; eat one healthy meal; and treat yourself in between with the brand's 100-calorie snacks. With Advanced Nutrition drinks, packed with 20 grams of protein and only one gram of sugar per serving, plus snacks in indulgent flavors, you'll never feel deprived. Don't want to take our word for it? Market research firm BrandSpark International lauded SlimFast with an award in 2016. The brand was named the Most Trusted Weight Loss Supplement of the year, as voted on by shoppers.

SlimFast, slimfast.com



BEST SLEEP MACHINE

When paired with a white noise app, this speaker plays soothing sounds while the night-light projects wavelike images onto your ceiling. Serenity now!

Abco Tech Ocean Wave Night Light Projector, \$50, amazon.com

BEST INDOOR WORKOUT

Kick up your cardio with at-home cycling. Join high-energy spin sessions through live-streamed or on-demand group classes, without ever stepping foot into a studio. The connection may be virtual, but the sweat is all real.



Peloton Bike, \$1,995, and Monthly Unlimited Classes, \$39, pelotoncycle.com



BEST JUMP ROPE

Hop to it with this classic toy turned high-tech gadget. The LED-embedded rope displays your jump total midair as you exercise and sends data to a paired app for postworkout progress reports.

Smart Rope Jump Rope, \$90, tangramfactory.com

BEST FITNESS TRACKER SET

Sync this trio with Under Armour's app to compile your health stats. The wristband records steps, distance, resting heart rate and sleep; the chest-strap monitor tracks heart rate during workouts; and the scale determines your weight and body fat percentage. The only thing they don't do is work out for you.

Under Armour HealthBox, \$400, ua.com



The Dash Wireless Smart Headphones, \$299, bragi.com

BEST EARBUDS

Perfect for multitaskers, these wireless in-ear headphones let you jam to music, hear live feedback on your exercise session time and speed, track your heart rate and oxygen levels and even take calls — all without ever touching your smartphone.