

do one thing better

# PACK A GYM BAG

Stay stocked with these exercise essentials, so you're set to work out anytime.

BY SHARON LIAO

Mesh vents keep this loaded-with-pockets tote odor-free. \$119; [aperabags.com](http://aperabags.com)

**UNDER PREPARED**  
Always have a fresh pair on hand. \$11-\$19; [cheekibrand.com](http://cheekibrand.com)

**HAPPY FEET** These flips fold, so no going barefoot in the locker room. \$20; [foldflops.com](http://foldflops.com)

These cross-trainers are super lightweight. \$99.95; [newbalance.com](http://newbalance.com)

**GEAR UP**  
Go for athletic wear made from fabric that wicks sweat away, so you stay dry. Pants, \$9 by Champion, \$27.99; [target.com](http://target.com). Tank, \$50; [oakley.com](http://oakley.com)

A stash of towelettes means you can freshen up fast. \$6; [burtsbees.com](http://burtsbees.com)



**Jenn Burke**

District manager for Crunch gym in San Francisco

Burke's No. 1 strategy to always squeeze in a workout: Keep a packed gym bag at the ready. These three musts help you have a stronger, healthier workout.

**A water bottle** Staying hydrated can fend off cramps and fatigue. Choose a leakproof bottle (like the Nalgene one above), and drink 2-4 cups of water per hour of exercise.

**The right pair of shoes** Running shoes have the necessary support for walking, running, and the stationary bike; cross-trainers are best for aerobics because they give more stability for side-to-side moves. Replace yours every six to eight months; that's when the inner support wears out.

**Hand sanitizer** Research finds that 63 percent of gym equipment is contaminated with cold-causing viruses. Post-workout, wash hands with warm soapy water, or use alcohol-base hand sanitizer.



**CHANGE IT UP**  
Download the app JEFIT (free; [jefit.com](http://jefit.com)) to access hundreds of workouts, and Gain Fitness (\$2.99 per workout; [gainfitness.com](http://gainfitness.com)) to create a customized workout.

**TRACK YOUR STATS**  
Waterproof and easy-to-wear, this heart rate monitor keeps you on your game—beeping when you're going too slow. Polar FT4, \$89.99; [sportsauthority.com](http://sportsauthority.com)

**MUSIC MOTIVATION**  
Music really does help you exercise harder. Tap into your favorite tunes with ear buds that are designed to stay put. \$19.99-\$39.99; [yurbuds.com](http://yurbuds.com) ■