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Fashion & Beauty / Style Buzz

Be a sport with this athletic-inspired wear

TODAY style editor Bobbie Thomas shows how to build a workout wardrobe

TODAY
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Bobbie Thomas
TODAY Style Editor

Finally fashion is a healthy habit! From major labels like DKNY to contemporary lines such as Shelly Steffe and Arthur Mendonca, fashion truly met function this season. From nylon to neon, designers infused

sporty details such as stripes, mesh and zippers into their glammed-up gear — turning out modern basics that support an active lifestyle both in and out of the gym. Bobbie Thomas, TODAY style editor and author of “the Buzz” for In Touch Weekly, presents practical pieces that will seamlessly take you from exercising to errand running and everywhere in-between.



Launch

Bobbie’s buzz: Sneakers are getting an update! Nike’s new brightly colored summer kicks are a no-fail way to warn someone you’re coming, while the sneaker heels by DKNY and sport wedges by Tannies are literally raising the bar for tennis shoes (while adding inches to your height). And for a stylish solution to your carryall conundrum, a holster from Urban Tools allows you to store your phone, keys, water or other gear on your shoulders.

Golf or tennis anyone?

While the polo shirt has been a staple in men’s fashion both on and off the court for years, the preppy polo dress for women has never been more popular (or more versatile). From halter and tank styles to the classic t-shirt silhouette, many designers such as LaCoste, United Colors of Benetton, Puma, Penguin, LeTigre, Nike, and of course, Polo are putting their stamp on this sporty dress. Just add a denim jacket, and swap your tennies for some sandals, to create a winning look on non-game days, too. *Lacoste 3/4-sleeve turquoise dress, \$140, [macys.com](#); Lacoste green zip up, \$125, [macys.com](#); Nike Airforce 1 Premium sneakers, \$100, [niketown.com](#)*

Mind, body and style

Don’t be surprised if you find yourself reflecting on the fabulous “fold-over” yoga pant at the end of your next core fusion class. While taking you from Pilates to the park, this wardrobe wonder can not only help you from feeling overexposed, it can create a slimming effect around your hips. Brands like Hard Tail and So Low have added details such as ruffle trim and multi-colored waist bands that are both flattering and fashionable.

DKNY’s catwalk turned sidewalk with sporty streetwear and showed that zip-ups and track jackets are classics, but lightweight nylon parkas or windbreakers (especially cropped styles) will instantly update your look and help re-invent the little black dress yet again. And you can head to the finish line by adding an athletic-inspired messenger bag — not only is it functional, the hands-free item is one of the hottest handbag styles this season has to offer. *DKNY white cropped nylon jacket, \$425, [macys.com](#); black tank, \$46, [hardtailforever.com](#); fold-over pant with ruffle, \$75, [solowstyle.com](#); DKNY cotton drawstring hobo, \$295, 800-231-0884, [DKNY.com](#)*

Running late?

Designers like Calvin Klein are embracing fabrics traditionally used for athletic apparel, such as nylon netting and mesh, to add texture to an office or evening look. Play peek-a-boo with American Apparel’s mesh tops and layer over bright tanks for a subtle pop of color. The breathable tops are perfect for your morning jog, but can also make a simple pencil skirt and pumps look absolutely prize-worthy.

Don’t be afraid to embrace support and let your active bra straps show — they’re meant to. And for an easy way to score sporty style points, add accents that will make a bold fashion statement. Always one to flash a smile to and from her workout, Cameron Diaz knows that headbands are a “hair-do.” She flipped for ShopInution’s non-slip headbands from i-m active, which stay put through the toughest spin class. Sports watches, like the ones from Marc Jacobs and Nixon, will not only help you keep track of time, they’ll add function and fashion to your wardrobe. *Game on! Unisex poplin hooded zip up, \$38, [americanapparel.net](#); unisex opal mesh tank, \$16, [americanapparel.net](#); Trek short, \$45, [niketown.com](#); New Balance 992, \$134.99, [NBwebexpress.com](#); Urban Tools sportholster, \$59.99, [urbantool.biz](#)*

Kick it up a notch!

Pushing powder pink and tutus to the side, the modern ballerina has got an edge! The ballet class meets the football field with stripes, leggings and flats. While stripes are often associated with nautical motifs, this season they have a sporty feel. Avoid looking like a jailbird and select stripes with a softer contrast (gray instead of white against color).

And if you haven’t already, you’ll want to learn to love leggings — they’re now a staple that will help you expand your wardrobe! Great for the gym, errands or a night on the town, leggings (like those from Tart or Bop Basics) will even help you pull off that mini with confidence! With the influx of designer cotton and jersey lines from brands such as C&C, Splendid, Saint Grace and Zooey, it should come as no surprise that leggings, along with other modern basics, aren’t just for the gym. And hybrid shoes like London Sole’s ballet sneakers are a comfortable creation that will inspire you to dance (or at least to keep shopping) all day long! *C & C California striped dress, \$84, [shopbop.com](#); Bop basics black leggings, \$45, [shopbop.com](#); Shelly Steffe silver headband, \$65, 917-408-0408; mini GTO in white, \$120, [nixonnow.com](#); ballet sneaker in Platine, \$215, [londonsole.com](#)*