

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

UNDER PREPARED

Always have a fresh pair on hand. \$11-\$19; cheekibrand.com

HAPPY FEET These flips fold, so no going barefoot in the locker room. \$20; foldflops.com

GEAR UP

Go for athletic wear made from fabric that wicks sweat away, so you stay dry. Pants, C9 by Champion, \$27.99; target.com. Tank, \$50; oakley.com

A stash of towelettes means you can freshen up fast. \$6; 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) to access hundreds of workouts, and **Gain Fitness** (\$2.99 per workout; 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

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 ■