

JUL/AUG  
2019

# Health

REAL  
WELLNESS

## 167 FRESH TAKES ON SUMMER

GREAT MEALS RIGHT  
OFF THE GRILL

THE BEST NEW  
OUTDOOR GEAR

FUN MAKEUP  
TRENDS TO TRY

EASY ENERGY  
BOOSTERS

PLUS  
SIMPLE  
SECRETS  
TO LIVING  
A GOOD,  
LONG LIFE

**Gina  
Torres**

ON FINDING HER  
VOICE, STAYING  
STRONG, AND  
SUITING UP FOR  
HER NEW SHOW

HEALTH.COM

GET THE GEAR

BODY + MIND



### Take a Hike

With these finds, you'll navigate the outdoors like a pro.

**1. TOUGH TOPPER** The Athleta Ascender Jacket handles wind and rain alike, while still being completely breathable. Also helpful: It folds up neatly into its own pocket! (\$118; [athleta.gap.com](http://athleta.gap.com)) **2. PACK IT IN** With shorter torso dimensions, a contoured top belt, and padded straps, the Osprey Skimmer 35 was made specifically for a woman's body. Translation: It will be comfy on even the longest treks. (\$85; [osprey.com](http://osprey.com)) **3. TECH SUPPORT** Features like satellite reception, GPS, and a compass on the Garmin Fenix 5S Plus make venturing through the woods more like a walk in the park. (\$600; [garmin.com](http://garmin.com)) **4. SAVVY SIP** Nalgene's lightweight bottle holds up to 32 ounces of water, ensuring you stay properly hydrated on a hot summer day. (\$12; [nalgene.com](http://nalgene.com)) **5. EYE-BYE, BUGS** Pesky mosquitoes are no match for the mosquito-repellent, water-repelling Bite Me Bug Free Play + Repellent (\$19; [www.bite-me.com](http://www.bite-me.com)) **6. SO SHADY** Marsh-gleams can really ruin the gorgeous mountain views. Keep them at bay with Maui Jim Secrets' amber-tinted lenses, which reduce the light and help with depth perception. (\$229; [mauijim.com](http://mauijim.com)) **7. TREK-WORTHY** What we love most about the Merrell Choprock: How effortlessly this mesh hiker moves between dirt trails and rocky creeks without any mooseps. (\$120; [merrell.com](http://merrell.com))

48

JULY/AUGUST 2019

HEALTH.COM