

Fresh Fitness Tips

Skip the Black Basics, Go Prints!

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Have you taken inventory of your workout gear lately? Are you covered in head-to-toe black basics? If you answered, "Yes", then it's time to stop blending in with the dark days of winter and put a little spring in your style. Bold prints and bright colors are the perfect mid-winter pick-me-up! Not only will they inspire you to kick-up your sweat sessions, they'll brighten everyone's day.

Here are a few of my favorite rays of workout wear sunshine.

[AUTOSEAL Printed Stainless Steel Water Bottle](#) (\$14.99)



[LIVESTRONG Believe Tee](#) (\$25)





Nike Pro Combat Printed Capri Tights (\$40)



Moving Comfort Alexis Support Tank (\$52)



Ice Breaker Retreat Tank Butterfly (\$65)



Nike Free XT Quicks (\$85)