

PLUS NORDSTROM

No more sloppy sweats

This season's top trends to work out in style

Once upon a time, fitness gear was the bleakest part of a gal's closet, all grey tees and worn sweats. But today, "athleisure" is a major fashion movement that even the most style-conscious celebs have perfected. Here are nine picks to wear with confidence from the gym to the streets. All products featured are available at Nordstrom, now open in Toronto.



LIGHTEN UP



WELL PLAID



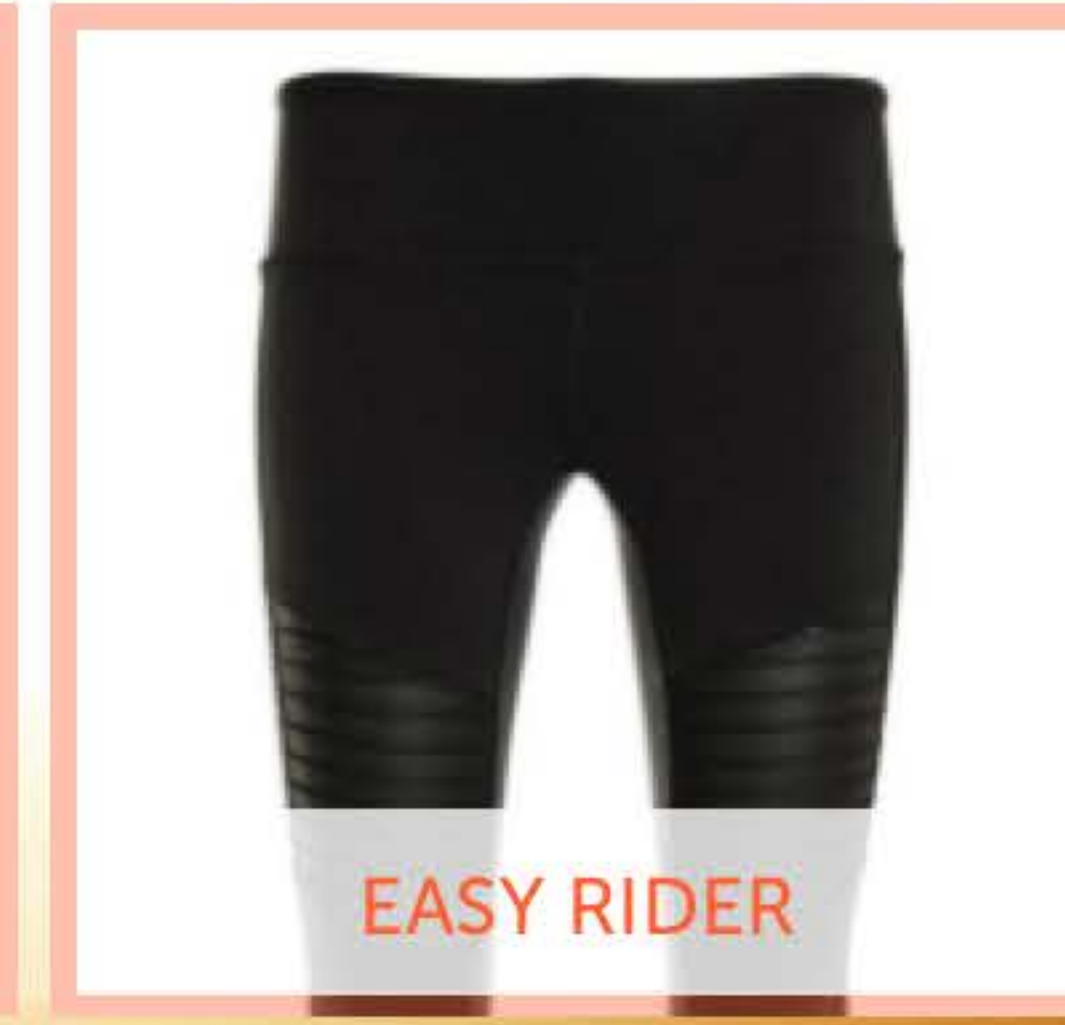
THE BRIGHT STUFF



FRESH CROP



SURF'S UP



EASY RIDER



SCHOOL'S IN



PUFF PIECE



TRACK STAR



WHAT DOES "PLUS" MEAN?



1:53:37 PM

STAR TOUCH PLUS NORDSTROM TORONTO



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Once upon a time, gym gear was the bane of a gal's closet. Today, "athleisure" is a major fashion trend, and even the most conscious celebrities have perfected it. Here are our picks to wear with confidence from the gym to the streets. All featured are available at Nordstrom, not just in Toronto.



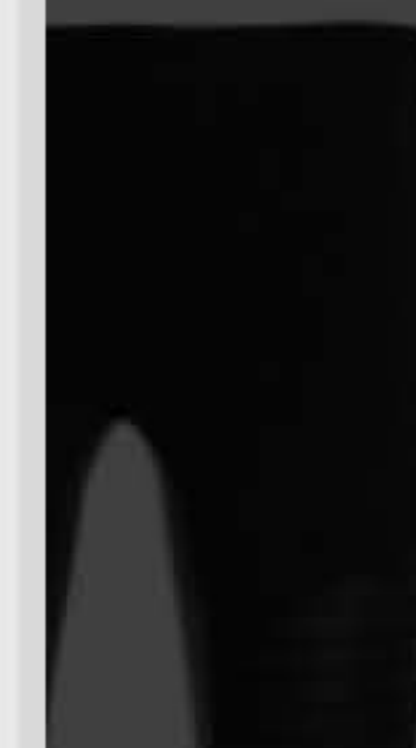
Lighten up

Nothing beats lightweight and loose-fit material for optimal exercise comfort. The open back (or front, depending on how you wear this two-way garment) adds breathability, plus a hint of sexiness, when thrown over a regular tank.

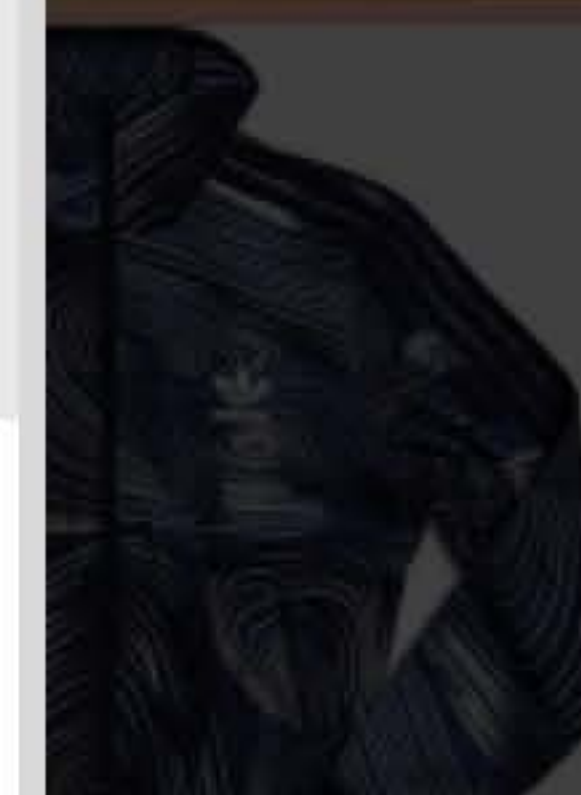
Nordstrom exclusive: Zella 'Arabesque' twist tee, \$60.70 at Nordstrom



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Well plaid

Tartan prints have always been kind of an autumn style mainstay, but these capris offer a modern update, riffing on classic plaid with a digital twist. Like all Zella leggings, the moisture-wicking material keeps you comfortable and dry during your cardio sessions.

Nordstrom exclusive: Zella 'Just Perf' crop leggings, \$85.54-88.30 at Nordstrom

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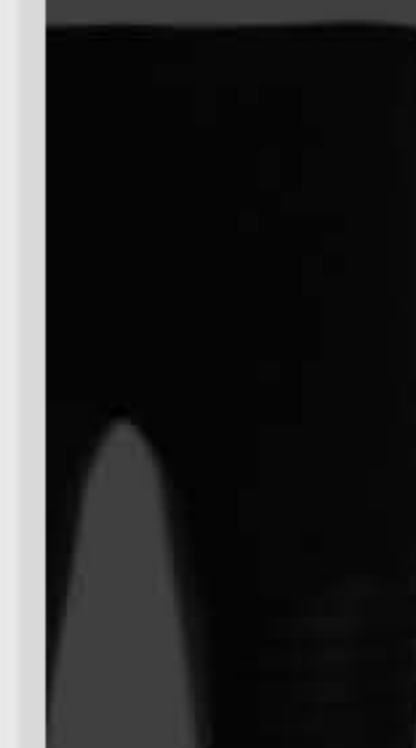
The bright stuff

Just because the temperature's dropping doesn't mean you have to ditch colour 'till spring. This sheer lemon tee is just the hue you need to get motivated for an early-morning jog. Pair it with grey bottoms rather than black ones for something a little different.

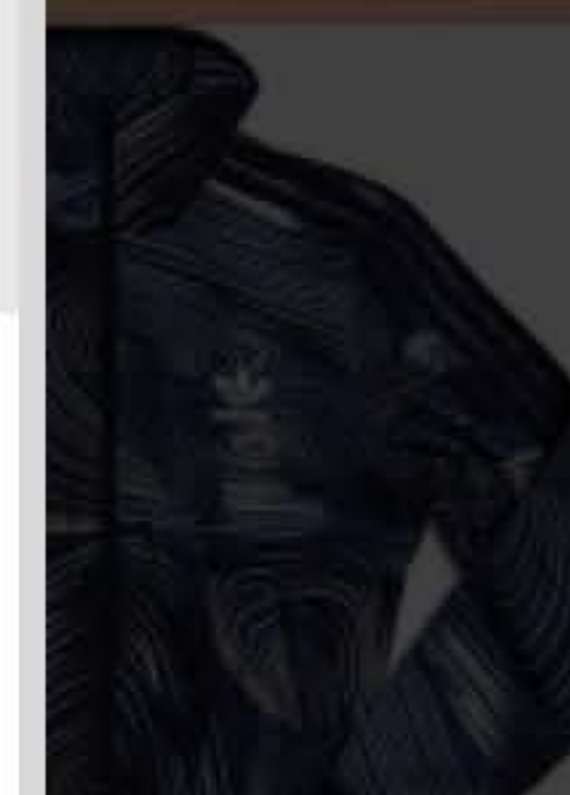
Nordstrom exclusive: Zella Nilt top, \$48 at Nordstrom



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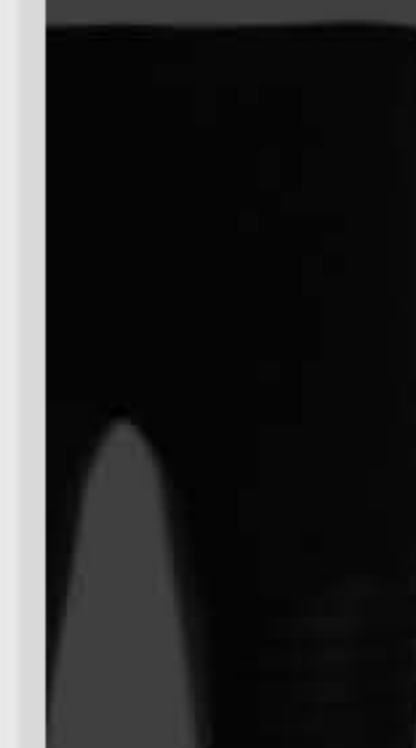
Fresh crop

Though this top exposes a ton of midriff, the accompanying cowl neck still gives you decent coverage to handle fall temperatures. Pair it with the matching leggings to add a dash of polish to your workout wear.

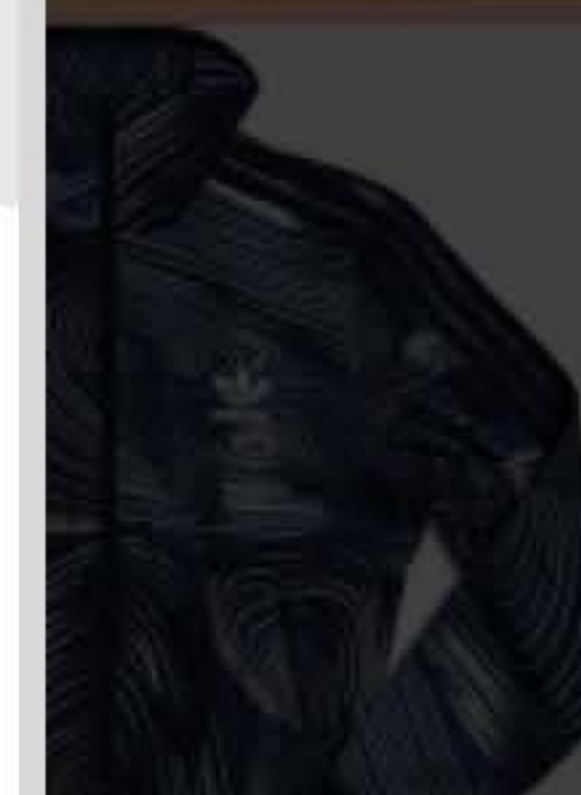
Free People pink top, \$85 at Nordstrom



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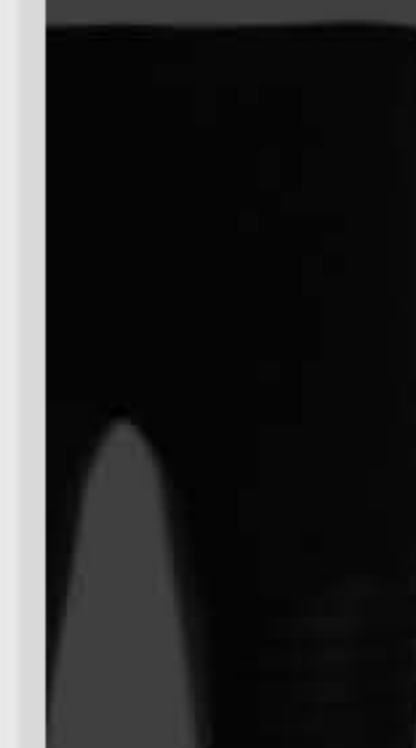
Surf's up

Bearing the same vibrant pink pattern as the crop top, these leggings play up the mixed media trend by contrasting different materials. The zipper detail and glossy calves give off a fun scuba-gear vibe.

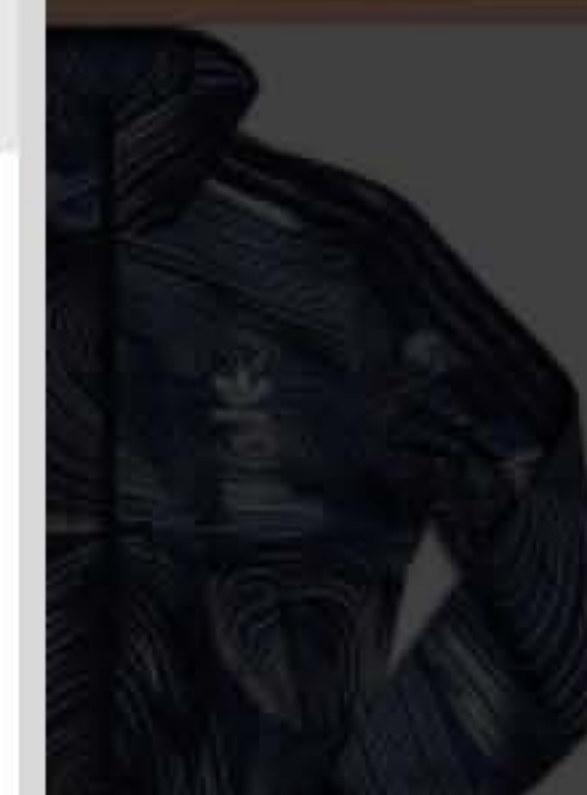
Free People pink leggings, \$160 at Nordstrom



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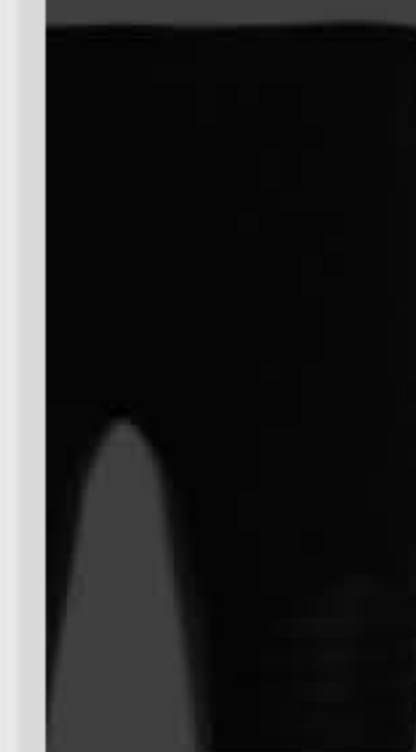
Easy rider

The moto look was so big on runways this season, it's seeping into fitness gear. Unleash your inner biker chick with leggings that feature leather-like and sheer paneling. Pair it with a simple white top.

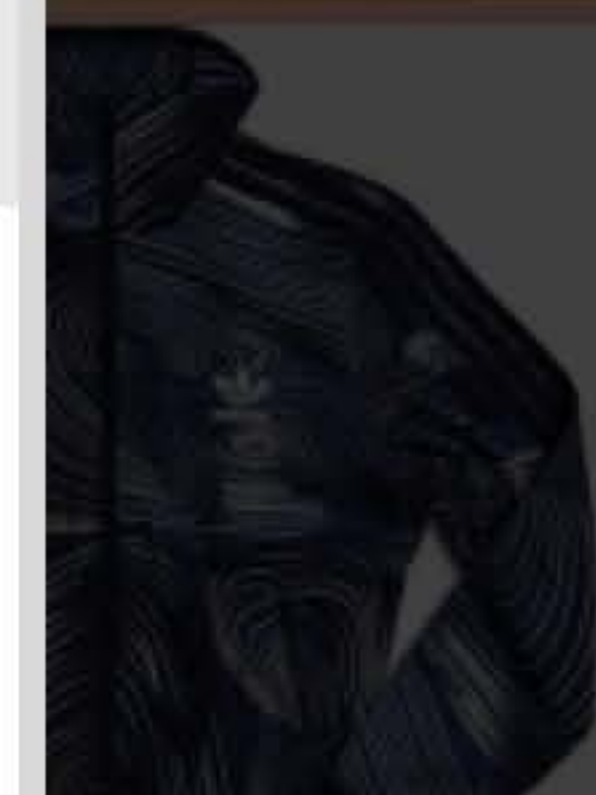
Alo high waist moto leggings, \$160 at Nordstrom



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School's in

Lately, it seems like the perfect backpack is more sought-after than the must-have handbag of the season. Throw this over the shoulder of your fave athleisure outfit — the small size and hint of sheen on the material makes it way more stylish than most schoolyard satchels.

Herschel Supply Co 'Settlement Mid Volume' water resistant backpack, \$193.15 at Nordstrom

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Puff piece

Puffer jackets may not seem high-fashion, but their sudden abundance on the catwalks of Paris Fashion Week have changed that perception. Snag this season's must-have outerwear in an eye-catching glossy finish and icy hue.

*Pyrenees Heritage Collection
'Spoutnec' vest shiny (vert de gris),
\$450 at Nordstrom*

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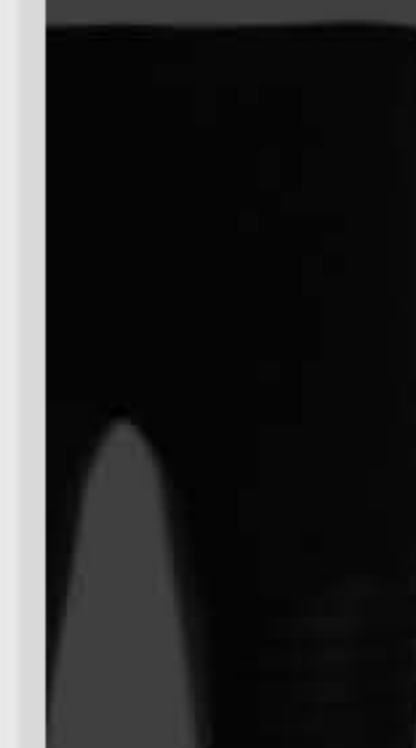
Track star

A light track jacket is a must for any athleisure wardrobe. The artful print of this one features a cool colour contrast, detailed with sporty lines and finished with the iconic Adidas stripes along the arm. The turtleneck also helps for the increasingly chilly temps outside.

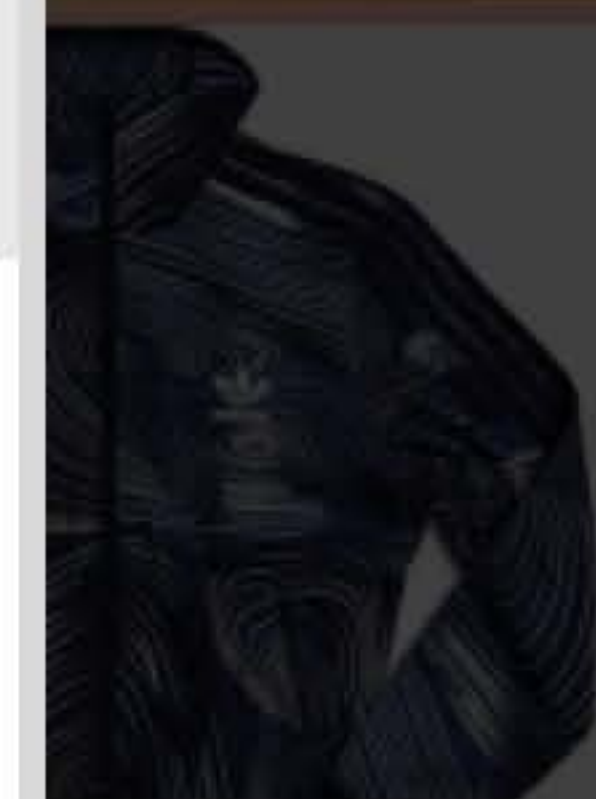
Adidas jacket, \$85 at Nordstrom



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