

SHAPE

Emmy ROSSUM

Why Her Life After
Shameless Is
Bold & Brave

JOY *of the* JUMP START!

The *Big* Mind+Body
Rewards of Trying
Something New

THE NEW WORKOUT HIGH

How to Reach It
Every Time

YOUR SKIN *on* EMOTIONS



Clean

Ballet-inspired, neutral-toned activewear mashes up femininity and athleticism perfectly. *By Jenn Barthole*

Palette



3



4



1



2



5



6



7

8



9



1. **Goop** G. Sport Strappy leotard (\$90, goop.com). 2. **Gaiam x Jessica Biel** Madison Coming & Going Wrap top (\$75, gaiam.com). 3. **Emilie Heathe** Nail Artist polish (\$34, emilieheathe.com). 4. **Adidas Originals** Falcon shoes (\$100, adidas.com). 5. **Caraa** Cumulus bag (\$195, caraasport.com). 6. **Outdoor Voices** Steeplechase bra (\$45, outdoorvoices.com). 7. **Shape Activewear** Glamour Bomber jacket (\$110, shapeactivewear.com). 8. **Outdoor Voices** Warmup leggings (\$75, outdoorvoices.com). 9. **Michael Kors** Runway watch (\$325, michaelkors.com).

Top left: Sarah Kehoe