

THE OPRAH
MAGAZINE

"Make time,
make peace,
make change,
make love,
and make sure
your voice is
heard!"

Oprah

WE'LL ALWAYS
HAVE BACON

How to be semi-vegetarian

The Cool Way
to Go Gray PG. 88

— THE SUICIDE EPIDEMIC —

WHAT YOU CAN,
SHOULD & MUST DO TO
SAVE YOUR OWN LIFE



JANUARY 2019 \$4.99

OPRAHMAG.COM

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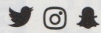


Love That!



Adam's STYLE SHEET

Transition to and from your workout effortlessly (and fabulously) with versatile pieces that can anchor multiple looks.



Follow O creative director Adam Glassman on Twitter, Instagram, and Snapchat @TheRealAdamSays.

FROM BARRE CLASS...



FITNESS TRACKER,
Fitbit Charge 3,
\$150; fitbit.com



STUDIO SOCKS,
\$18; luckyhoney.nyc



FLAT, \$295;
repetto.com



UNITARD,
Vaara, \$215;
net-a-porter.com

THE ALL-PURPOSE ZIP-UP



It's extra soft, wicks away moisture, and has breathable mesh side panels, plus sleeves with handy thumbholes. Need I say more?
\$120;
craneandlion.com

...TO THE BAR



PONCHO,
Justin Gregory, \$88;
justingregoryshop.com

BELT BAG,
\$68;
theandibrand.com



BOOT,
Aldo, \$130;
aldoshoes.com

PANTS,
Lisette L. Montreal,
\$120; lisettel.com

THE STAR SLIP-ON



Stretchiness isn't just for leggings. This knit mesh sneaker is super flexible and has the perfect combo of cushioning and support to keep you comfy.
\$65; skechers.com

FROM LIFTING...



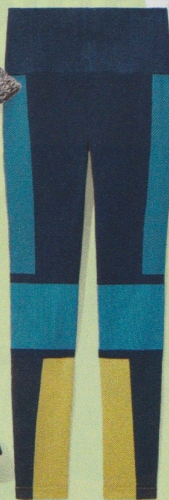
WORKOUT GLOVES, \$36;
propsathletics.com



SPORTS BRA,
C9 Champion,
\$20; target.com



BAG, \$155;
dagnedover.com



LEGGINGS, JoyLab,
\$35; target.com

...TO LUNCH



SWEATSHIRT,
\$80; newbalance.com



HANDBAG,
\$155;
deuxlux.com



SCARF,
Donni, \$218;
shopdonni.com



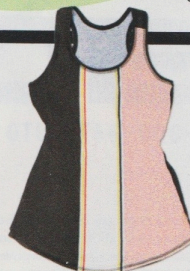
SKIRT, \$60;
zara.com

New Lines We Love

A fashion label, a model, and an athlete are scoring big with winning performance wear.



Veronica Beard joins forces with hot retailer Bandier to bring you gear that's as chic as it is high-tech. Leggings, Veronica Beard x Bandier, \$148; veronicabeard.com



From plus-size supermodel Candice Huffine, Day/Won delivers activewear for all, from sizes XS to 5X. Workout top, \$44; day-won.com



You may not have Venus Williams's game, but you can steal her style with the tennis great's fashionable and functional pieces. Dress, EleVen by Venus Williams, \$110; elevenbyvenus.com

RICHARD MAJCHEZAK/STUDIO D, PROPS/STYLING ANITA SALERNO/ R.J. BENNETT REPRESENTS GLASSMAN SERGIO KURHAJEC