

SHAPE



LOVE MY SHAPE

Julianne Hough
"Keep fitness fun!"

10 Moves for a toned core

Build a strong, lean body
One workout that burns *and* firms

26

→ New ways to eat healthy

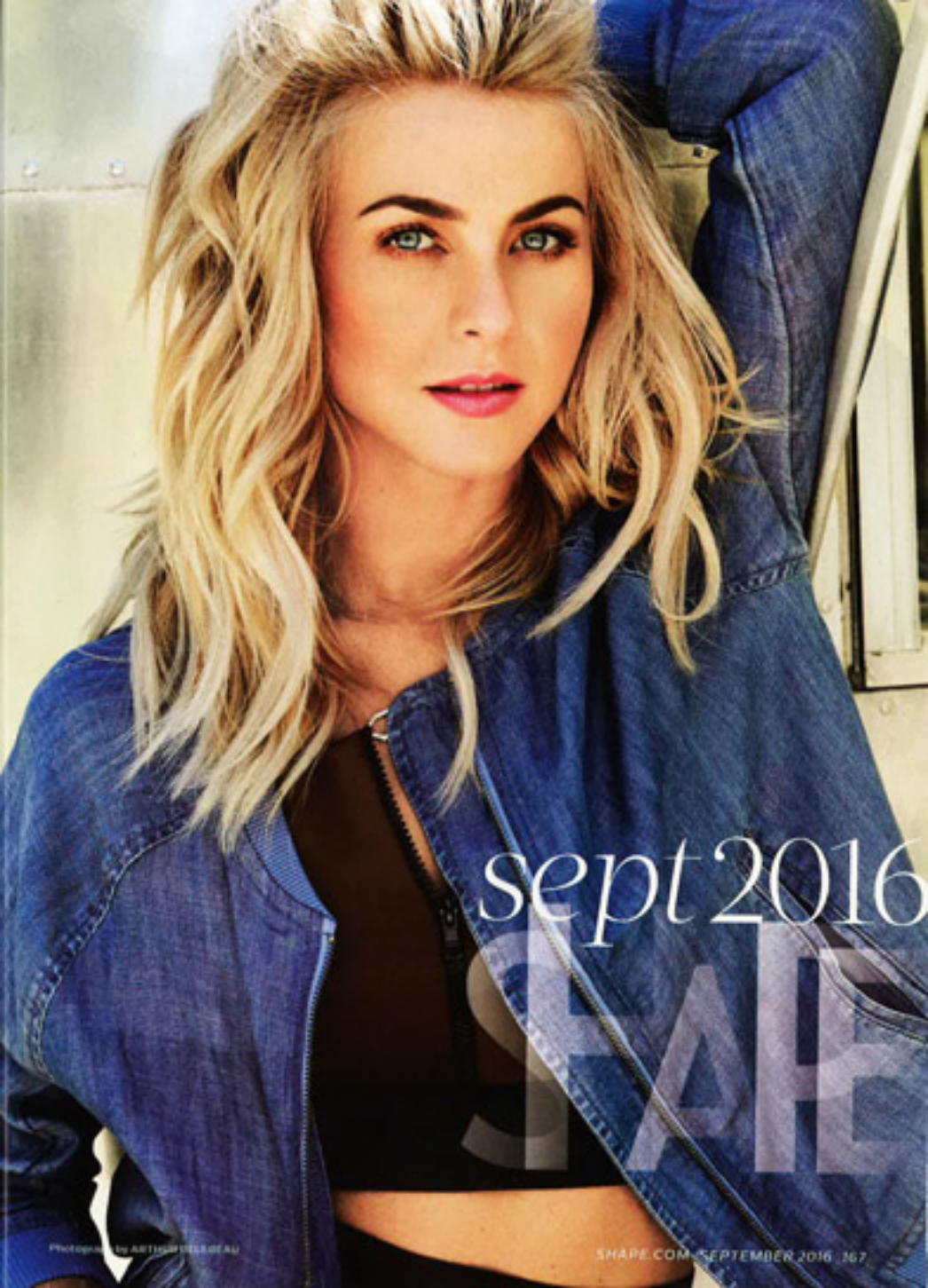
& Beauty & style update
Look great on the go

Happy all day!
How to make a good mood last

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sept 2016

SHAPE



The *new* sporty style

Jeans have ruled the casual-cool fashion front for decades; glammed-up gym wear has recently staked its claim on the active-chic scene. Two iconic styles: one historic, the other newly hot. Here, the actress, singer, and dancer **Julianne Hough** shows you how to bring them together to create the most modern sexy-sporty look of the moment.

By Claire Connors Photographs by Arthur Belebeau

FIT FASHION

MPG Collection by Julianne Hough
Jacket (\$100, mpgsport.com)
McGuire jeans (\$235, shopbop.com)
Hearts on Fire necklace (\$3,250,
heartsonfire.com)



“I LIKE TO WEAR A CROP TOP THAT SHOWS SOME SKIN. THAT’S MY BASE. THEN I PUT ON A CUTE JACKET, AND IT BECOMES A COMPLETE OUTFIT I EVEN WEAR TO MEETINGS.”

DRESS FOR SUCCESS

“I started designing my athleisure line because I’m a believer in a fit lifestyle. I wanted to make clothes that are cute to wear out in and that you can also go about your day in—picking up the kids, going to a meeting, getting groceries, whatever. The line makes you want to be active.”

ALWAYS REMEMBER: STRONG IS BETTER THAN SKINNY

“I love my shape because I feel strong and fit, and that makes me feel confident. When I look at pictures of myself when I was 19, my body was bangin’, but I was killing myself. I was working out two and a half hours a day and eating the bare minimum to survive. I was so miserable. I wasn’t healthy. To be honest, I looked like a kid. Now I’m embracing the fact that I’m a woman with curves.”

FIT FASHION

This issue: Tory Sport jacket (\$395, torysport.com); Tularosa top (\$68, revolve.com); MPG Collection by Julianne Hough leggings (\$76, mpgsport.com); Hearts on Fire earrings (\$1,990, heartsonfire.com); Rachel Katz jewelry bracelets (\$950 each, rachelkatzjewelry.com); Opposite: American Eagle Outfitters jacket (\$60, ae.com); Olympia Activewear sports bra and skirt (\$50 and \$60, olympiaactivewear.com); Le Specs sunglasses (\$79, lespecs.com); Fitbit Alta tracker (\$130, fitbit.com)





IF I HAVE
A REALLY
CUTE OUTFIT
ON WHEN
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I WANT THOSE
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FIT FASHION

This page: Amp coat (\$385, [ford.com](#)), Free People Movement crop top (\$38, [carbon38.com](#)), MPG Collection by Julianne Hough leggings (\$76, [mpgsport.com](#))
Rachel Katz Jewelry ring (\$1,800, [rachelkatzjewelry.com](#)), The Tie Bar scarf (\$10, [thetiebar.com](#)), Nike sneakers (\$100, [nike.com](#)). Opposite page: Wear It to Heart crop top (\$46, [wearittoheart.com](#)), Topshop jeans (\$68, [topshop.com](#))
Rachel Katz Jewelry earrings (\$1,300, [rachelkatzjewelry.com](#))

