

# #WHSTRONG

MORE WELLNESS INSPO FROM CELEBS...AND YOU!

## Street Style: FITNESS EDITION

Sophie Benbow, 33, Sydney, Australia

By using social media to stick to better habits, Sophie solidified her love for health and fitness, which led her to start a wellness blog and practice plant-based cooking. As she pursues a certificate in personal training, she mixes up her own workout routine. "I do a combo of cardio, weights, and barre."

Post your own sweat-ready style on Instagram and tag it #WHStreetStyle. You could be featured here!



**HEADBAND**  
After a gym session, Sophie pulls a thick band, like this one from Seed, around her crown as a quick style fix.

**JACKET**  
This tailored faux leather jacket (bought on a trip years ago) is a staple in Sophie's closet. "Dressed up or down, it always adds an edge."

**SKIRT**  
"This high-waist knit skirt from Seed is great for weekend wear when I want to dress more casual but still look fashionable."

**SHOES**  
As a "sneaker addict," Sophie loves how her Nike Sky Hi Dunks bring a bit of "tomboy style" to her overall feminine look.

Isn't Henri cute? Check out more pup style on page 56!



## What's in Debbie Matenopoulos's Workout Bag?

The *Home & Family* cohost, who published a cookbook in 2014, is back in the kitchen—this time developing a food line with QVC. Her other passion? Exercising. "It helps me relax and de-stress at the end of the day," Debbie says. She gets in daily cardio via the elliptical or treadmill and practices yoga three or four times a week.



**Lululemon All Day Tote**  
"Since I put it on the gym floor, I love that it's easy to clean." \$128, lululemon.com

**Giorgio Armani Luminous Silk Foundation**  
"It gives me a glow so I look decent if I'm going out after the gym." \$64, www.giorgioarmani-beauty-usa.com



**Simple Exfoliating Facial Wipes**  
"They have aloe, which is soothing and keeps my face from breaking out." \$6, at drugstores



**Spiritual Gangster T-Shirt**  
"They're as soft as your favorite tee you've had for years." \$58, spiritualgangster.com

**Manduka Pro Mat**  
"It's the perfect weight, so it's easy to carry—plus it's sticky, so I don't slide when using it." \$150, manduka.com



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