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SUPERHERO, SUPERSTAR,
SUPER WOMAN
SALMA
HAYEK

Fit for life

These sartorially savvy fitness experts and entrepreneurs from across the globe share their philosophies and the active-wear that takes them through their post-lockdown workouts and lives. Their routines may differ, but they are united in prioritising styles that look and feel good. By **Priyanka Khanna**



MELISSA WOOD TEPPERBERG

FOUNDER OF MELISSA WOOD
HEALTH, CREATOR OF THE
MWH METHOD

📍 NEW YORK, NEW YORK
@melissawoodhealth

Five years ago, in her living room armed with a US\$24 tripod, Melissa Wood Pepperberg started filming her workouts using her MWH Method, a series of low-impact movements to help sculpt long, lean lines in short intervals of time, with the aim of self-care. "I started in the wellness space after recovering from a horrible relationship with myself...years of torture not only in my workouts, but in all aspects of my life. After finding more peace and ease in my mind and body through my meditation practice and combining the low-impact movements of yoga and Pilates, I experienced a transformation," says the mother of two. Movement is magic, she believes. And through it all, she looks put-together, her wrists and ears stacked with dainty pieces from Anita Ko, Ayla, Messika and Mejuri, '90s-inspired styling and a love for a good blazer, molten and metallic active-wear sets (from Year of Ours, Varley, Nylora, Neu Apparel, Michi), monotone separates, and classic kicks. "I would describe my style as active—I'm always trying new things and love to mix it up. An example of a go-to outfit is an oversized blazer from The Frankie Shop and a biker-shorts set from Mate the Label—I would take it from the mat to the street by adding the blazer and classic Keds or Frye white sneakers." **Pro tip:** "You have to wear what is comfortable and makes you feel good in your own skin. To me, that's something that makes me feel incredibly empowered during my workout." **In my cart:** "Oval Ray-Ban's, high-waisted above-the-knee denim shorts from Agolde, and Anaïs candles."

ADITI SHAH

PELTON INSTRUCTOR

📍 NEW YORK, NEW YORK @diti22

"On the mat, it's important to prioritise function so that I'm not too distracted by a potential wardrobe malfunction. However, I believe that style is about self-expression and a way of communicating, so I am specific about the looks I put together and make sure to match the vibes with my message," says Aditi Shah, who launched yoga and meditation for Peloton in 2018. While most of her wardrobe is from the in-house brand, she says, "I invest in pieces I will use long-term and support brands that value sustainability or try to give back, such as ADAY for elevated athleisure; Patagonia, REI and Athleta for outdoor sports; Girlfriend Collective, Ultracor and Beyond Yoga for fashion, function, and comfort; Alice + Olivia for a fun look; Levi's for denim and Reformation for summer dresses. I also use Vestiaire Collective and other resellers for big designer splurges." Shah, who goes from studio to street-style often, says that a pair of boots and a button-up take leggings and a sweatshirt up a notch, while for summer, an active-wear crop works great with denim cut-offs. "I love to dress up athletic wear. And can we all agree that this sneaker trend should last forever? In a city like NYC, I'm thrilled to have happy feet at the end of every day."

Pro tip: "Buy things that you like and will enjoy wearing, not something that looks great on someone else's social media."

In my cart: "A Farm Rio bathing suit, lounging pants from Athleta and a pair of retro sunglasses from Chloé."



WINI LAO (ADITI)

JACQUI KINGSWELL

CO-FOUNDER OF THE PILATES CLASS

📍 SYDNEY, AUSTRALIA @jacquikingswell

If you tune into The Pilates Class, the digital platform streaming Pilates-based workout, you will be familiar with the calming voice and monochrome looks of its Sydney-based co-founder Jacqui Kingswell. The former professional dancer credits Pilates in transforming her strength, control and connection to her body and mind. "My style is quite simple and classic. I wear neutral colours and I periodically clean out my wardrobe to donate my extra active-wear to charities, family and friends as it does pile up after a while," she says of staples from Alo Yoga, Beyond Yoga, Lululemon, Avocado, Aim'n and Bandier, all on high rotation. Off-duty, she aces casual style—lived-in jeans, a white tee, an oversized wool knit, black boots from Acne Studio—elevated with a red lip and gold jewellery. "I believe in sustainability, so I invest in pieces that will last. Winter in Australia is my favourite season. I love looking at winter coats, knits and boots. I love Rosie Huntington-Whiteley's classic wardrobe and chic style."

Pro tip: "I love leggings that are high-waisted and have stretch in the waistband. The material should be soft but durable and not see-through when you're stretching. My favourite pair that ticks all the boxes are Align from Lululemon. They're worth the investment."

In my cart: "A trench coat for winter, casual sneakers and a black oversized knit.">

MALLIKA PAREKH

M.S., M.P., FOUNDER, PHYSIQUE57 INDIA.
 📍 MUMBAI @mtap0906

"Lockdown and the pandemic has allowed us to look at clothes through a different lens. Moving forward, we'll only invest in quality basics that allow for unique combinations between formal and casual," says Parekh, a health and wellness expert. Armed with a double master's in biomedical science and public health, Parekh, a mother to twins, moved to Mumbai from the US when she got married and launched Physique 57, a barre-based workout, in India in 2018. "My work doesn't require formal attire. When I'm not at work, it's more about comfort and practicality (being a mum will do that to you) but I'd still like to think that I put thought into my 'off-duty' wardrobe." Koral, The Upside, Alala, Terez, Alo Yoga, Ultracor, Monrow, PE Nation, Lululemon are labels she turns to for breathable fabrics and design details. "Most of us have lived in active-wear and athleisure for the last year, and as we step out, I plan to layer my sweatshirts over leggings and heels, throw on an active-wear bomber or wear joggers in silk and satin with heels."
Pro tip: "I say this about workouts and I say this about active-wear: choose what feels right for you, active-wear that works for your shape, flatters your body and works with you through the workouts that you've chosen."
In my cart: "A few casual T-shirts with flattering sleeves, a bathing suit cover-up, and a pair of wide-legged sweatpants."



HANNAH BRONFMAN

FOUNDER OF HBFIT, AUTHOR AND ON-CAMERA PERSONALITY
 📍 NEW YORK, NEW YORK @hannahbronfman

"I'm a firm believer in the mantras 'Your body is a temple' and 'Do what feels good', which is also the title of my book. There are small things you can do every day to meet your fitness goals. You don't have to go after everything full-force all at once," says new mum Hannah Bronfman, who walks the talk, especially now. "Since I'm working around Preston's [her son] schedule I often find myself squeezing in a workout whenever I can. I'm not putting pressure on myself to show up at the gym every day." Currently, it's been a steady rotation of Pilates-based workouts. "They are great for toning, and even though you're not always drenched in sweat after, you still feel it. My workout uniform is usually a cute leggings-and-bra set. I really like vibrant colours and find that a chic workout outfit is the best motivation to move my body." Bandier, Alo Yoga, Good American, Set Active and Live the Process are all labels she gravitates to, while off-duty, a classic white tee, biker shorts and a blazer are the building blocks of her wardrobe. "I don't have lots of time in the morning to plan a full outfit, so more often than not, my husband will pick it out while I'm getting Preston ready for the day. He's my stylist."
Pro tip: "Your outfit should make you feel good in your skin and motivated to crush your workout. If you look in the mirror and don't say, 'Ok, I look cute today,' then it's not the fit for you."
In my cart: "Biker shorts from Koral, the Bailey Set from Lisa Says Gah, Grey from Teva sandals."



DIVA DHAWAN

PILATES TEACHER

📍 MUMBAI AND NEW YORK @diva.dhawan

The model and digital creator was certified as a Pilates instructor in 2017 and started teaching in New York over the summers. When the pandemic hit, she moved to virtual classes, and her website *Andthenwestretch.com*, offering various Pilates-based classes, came into being. Whether she's in Mumbai or Manhattan, Dhawan admits to having an almost utilitarian approach to her wardrobe, with her model-off-duty style always garnering interest. "My style is minimal and functional. I like investing in pieces that can easily be paired together. High-waist jeans, perfectly fitted high-waist black leggings and lots of crop-tops and hoodies from Lululemon, Varley and Gap Body," The latter, she says, are exceptionally great for transitioning from class to cafe. "Their crop-tops are great for low-impact training and you can switch back into a pair of jeans and throw a blazer over for a cute, no-stress look."

Pro tip: "Know what works for your body type. My go-tos are high-waist leggings, but that doesn't work for everyone. Active-wear is meant to be functional so always keep that in mind, especially when you're buying a cute set."

In my cart: "Reformation denim shorts, a bodysuit with shoulder pads, and a sports bra and matching leggings from Varley."



TALLY RYE

PERSONAL TRAINER, AUTHOR AND PODCAST HOST

📍 LONDON @tallyrye

It was while at drama school that Tally Rye discovered fitness. "Although what felt like passion at times was obsession, and I developed a disordered relationship with food and exercise," she admits. Six years ago, she put aside her ambitions to be a musical theatre actor, choosing to work instead on healing her relationship with food and fitness as well as helping others "My ethos is focused on helping people avoid the trappings of diet culture so that exercise is no longer punishment or penance for what they eat, but a key tool of self-care." Her value-based approach translates into her wardrobe, with Girlfriend Collective being one of her favourites. "I want to find brands that align with my values...that are size-inclusive and sustainable. I'm really trying to move away from getting stuck in fast-fashion trend cycles. When it comes to active-wear, I'm a sucker for a matching set and I love colourblocking with a fresh pair of white trainers," she says. White T-shirts, dressed up with jewellery and a blazer and smock dresses that "evolve with your body," are her wardrobe MVPs. "Remember, clothes are meant to fit you, you don't have to make yourself fit the clothes. My body, like many others, has changed this past year and I felt so much more comfortable when I sized up."

Pro tip: "As with your workouts, choose the active-wear that makes you feel good. A well-supported sports bra is a must as it's really important for your breast health."

In my cart: "An oversized Adidas crewneck jumper in lilac, Blair jeans from UK high-street brand River Island, and a bold pink and yellow dress for summer from French Connection." >



ZOE MODGILL

CO-FOUNDER AND CREATOR, STRONGER WITH ZOE

📍 GOA AND DELHI @zoemodgill

Over the past few months, Zoe Modgill, the co-founder, and creator of Stronger with Zoe, a woman-focused programme and a 2021 Vogue Beauty Festival winner, has been documenting a new journey for her body—pregnancy. This new chapter promises to be the most fulfilling, both personally and professionally, with the launch of a new app specialising in pre- and post-natal workouts. "This is a new area of knowledge for women in India. I always say strength is an inside job." If you follow her on Instagram, where she shares snippets of her workouts, you will know they aren't for the faint of heart. "My active-wear is all about support and feeling strong and fierce," she says, admitting an affinity to Under Armour, a partner. "When I'm not training, I like to keep it casual, loose and comfortable in maxi dresses that are perfect for my bump and the Goa weather, a loose jacket and track pants, and a pair of white sneakers." But at the end of the day, she says it's about really prioritising the skin you are in. "I've truly believed that a short, gruelling workout will teach you confidence, patience, willpower and gratitude. And a healthy, sexy, strong body will be a side-effect."

Pro tip: "Feel supported, strong, comfortable and proud to show yourself."

In my cart: "Neue Eyewear sunglasses, Under Armour's Project Rock sneakers and chunky earrings from Dhora."

MEGHA KAWALE

OWNER AND INSTRUCTOR, MINDKOREPILATES

📍 MUMBAI @meghakawaleofficial

The former model and DJ has been practising Pilates for the last two decades. "I practise contemporary Pilates, rehab-based Pilates and barre-based Pilates. Just like with clothes, there is no one-size-fits-all with exercise. And since I specialise in dealing with injuries, I change my style depending on my clients," she says. "I have always believed in a holistic approach.

I don't believe in reward and punishment for the body; it's about choosing a lifestyle. The mind-body connect in Pilates is incredibly strong, it can help people during difficult situations."

For Kawale, a mother of three in Maximum City, it's a life that is full, one that involved studio sessions, supermarket runs and school drops pre-pandemic. "My go-tos are well-fitting leggings with a tank top or a sweatshirt and jacket. I wear Lululemon, Alo Yoga and Athleta, with Nike and Reebok basics for more cardio-intensive routines. Brands now understand how hectic city life is and their clothes are designed to ensure a fully functional day looking and feeling good."

Pro tip: "If you look good, you feel motivated. Comfortable active-wear gives the freedom to work out without restricting your movements."

In my cart: "An Alo Yoga jacket, Lululemon leggings and cute toe socks." ■

