

NiteSweatz^{zzz}

AS SEEN IN 'O' MAGAZINE

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THE OPRAH
MAGAZINE

LIVE YOUR BEST LIFE

THE LOVE LIST

How to attract your
heart's desire, page 61

THE WORST FIGHT

of your marriage
could be the best thing
you ever did together

"LIFE WILL TEACH YOU IF YOU LET IT"

Oprah talks to one of the world's wisest women

Does your
UNDERWEAR
need an overhaul?
52 uplifting solutions

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Inside *Celebrity Rehab*

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DR. PHIL
on missing your ex

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A top novelist shows you how

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OPRAH.COM

Workout

Like free weights or yoga mats, gym-friendly underwear is essential equipment. But don't shop for sports bras where you get running shoes, Nethero says: Those sold at athletic stores often compress breast tissue (unhealthy). Buy bras with cups—and, if necessary, underwire—plus thin seamless panties. Moisture-wicking fabrics no longer have that nylon-y feel, and boy, do they keep you cool and dry.

A WELL-ENGINEERED BRA (Natori, \$50) with two-ply cups tops tiny shorts (Adidas by Stella McCartney, \$70) with built-in mesh panties.



1. Mega-supportive racer-back long-line has a zippered front closure that makes it easy to get out of even when you're sweaty. **ENELL**, 32C to 52E, \$60. 2. The color glows, but you won't, thanks to this thong's superior moisture control (the fabric was originally designed for nightgowns that battle hot flashes). **NITESWEATZ**, \$16. 3. Innovative underwire—softer and more flexible than usual, it runs along the sides of the bra and under the bustline for stability without restricting movement. **BENDON SPORT**, \$52.

4. Vivid racer-back top with a built-in shelf bra is an attractive alternative to T-shirts, and the stomach-camouflaging flounce is a godsend. **CHAMPION**, \$36. 5. Ecofabrics like bamboo—a renewable, sustainable resource—are on the rise, says Clare Kearney, head of buying for figleaves.com, which produced these "green" black panties. **ELITA**, \$9. 6. & 7. This duo has crisp-looking trim and mesh inserts that let you stretch. **LILY OF FRANCE** shorts, \$22, and bra, \$30.