

Restaurant owner found dead

Suicide follows arson blast at family-owned taco shop **NEWS A3**



MANJEET NANDHA

The Province

SPORTS FINAL

WEATHER
A few clouds **B10**

Minimum outside
Lower Mainland **\$1.25**
\$1.00 PLUS
GST

VANCOUVER, BRITISH COLUMBIA

| MONDAY, FEBRUARY 18, 2008 |

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Get in the running

WORKOUT WEAR: How to sweat it out in style

BY REBECCA HESLIN
USA TODAY

Admit it: You dropped that New Year's resolution to hit the gym daily. Fortunately for fashionable femmes fatales, fitness gear is taking nods from the runways and making it a little easier to stick with the program. *Shape* magazine senior fitness editor Jeanine Detz gives the scoop on what to sport when sweating it out in style.

Eco-friendly fabrics

From soy to bamboo and coconut to polylactic acid, staying green in the gym will be easier than finishing all those reps.

"Many of the eco-friendly fibres showing up in exercise clothes are also moisture-wicking, quick-drying and naturally resistant to bacteria, which helps prevent odors," Detz says.

■ **Try these eco-friendly lines:** ActiveSoy, Nau and Champion's Vapor

Skorts and dresses

Who wants to slip out of that cute dress in favour of an old pair of gym shorts? Now you don't have to. Slip into a running dress next time you hit the track. "Go to any major race . . . this spring, and you're going to see a lot of women running and biking in skorts and dresses," Detz says. "They're feminine, cute and provide a little added butt camo that we all like."

■ **Try these looks:** Brooks' running skort, SkirtSports.com's BikeGirl skort

Yoga-inspired clothing

Madonna may have created the buzz about yoga, but it's Cameron Diaz who has made yoga look so good. "Yoga styles have had a big influence on fitness fashion. People are wearing the pants and tanks origi-



'Tansy' top
by Karma
Athletics (\$48)
is made of
eco-friendly
fibres.

'Medication
capri' pants
by Karma
Athletics
(\$51) are
made with
bamboo,
which wicks
away moisture
and has anti-
microbial
properties.

nally designed for the studio to run, lift weights and go to lunch," Detz says. "And clothing manufacturers are responding by mimicking the yoga style in their fitness clothes."

■ **Try these yoga-inspired lines:** Lululemon Athletica, Prana, Sivana Spirit

Sun-protective clothes

Stop using the sun's harmful rays as an excuse for sitting on the couch instead of pounding

the pavement. "Manufacturers have started treating fabrics with UPF solutions so your shirt, pants and hats may have sunscreen built into them," Detz says. "If you run, walk, bike or hike, these clothes are going to make your life a lot easier." Look for fabrics that have UPF 50, which means they block 98 per cent of the sun's harmful UV rays.

■ **Try these looks:** Columbia's hats, Royal Robbins' hiking pants