

# Ride and Go Chic

If you bike to the office, you deserve major props (way to burn calories *and* help the environment). But you also face a conundrum: What to wear? Start with this gear, which rolls from road to cubicle in style.

**UNDER COVER** The **MOTT 50 WRAP CARDIGAN** (\$95; mott50.com) is a fashionable way to shield yourself from the elements. Made of a bamboo and cotton blend, it's breathable and provides UPF 50 sun protection.

**SMART CYCLE** Can't find a bike rack? Take it inside! This super-portable **MONTAGUE BOSTON 8 BIKE** (\$1,099; montaguebikes.com for stores) weighs just 27 pounds and folds in half with the flip of a lever.

**HEADSTRONG** Before slipping on the sleek **GIRO REVERB HELMET** (\$60; giro.com), gather your hair into a low, loose braid to help fight frizz.

**HOLD IT** Choose a tote with a cross-body strap, which helps keep it from bouncing around. This **KIPLING SYRO BAG** (\$79; kipling-usa.com) is water-resistant and has zippered pockets for your wallet and phone.

**BOTTOMS UP** Pants with stretch are crucial for a comfy commute, and **HUDSON X EQUINOX JEANS** (\$154; hudsonjeans.com) hit the mark.

**HIGH AND MIGHTY** Hard outsoles and no-slip treads, like those on the **MERRELL EVERA MJ HEELS** (\$110; merrell.com), make it easier to push the pedals.

**BIKINI COUNTDOWN! 30 DAYS TO YOUR BEST BODY EVER**

# SHAPE

FLAT ABS FAST!

No Crunches Required

Eat This & Burn More Fat

**Severcise!**  
WHY YOU SHOULD BE GETTING YOUR DAILY DOSE

**INSTANT ENERGY**  
Real-Life Tips to Try Today

**WALK YOUR WAY SLIM**  
Our Super Calorie Torching Plan

**Mariah Carey**  
"How I Lost 30 lbs and Got My Confidence Back"

*Bike to Work Week begins May 14. Go to [bikeleague.org](http://bikeleague.org) for info on switching to a two-wheel commute.*