



Ashley Olsen Shuns Workout Clothes

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Courtesy of INFDaily.com

Ashley Jogs in Oversized Flannel

When we thought it over, it doesn't surprise us in the least that Ashley Olsen tossed on one of her favorite plaid shirts to jog with Justin Bartha. Few of us would look this comfortable running in something like this, though, so let's take a peek at some supremely fashionable options for the regular runner.

I love shopping for workout gear, and if I could give people "fitness makeovers," I would. While some people dream of high heels and off-the-runway dresses, sometimes I just want new gym goodies. Here are some of my top picks.

For the Stylish Runner: One of the most fashion-conscious labels is definitely Doce Vida Fitness, which has been featured in *Self*, *Yoga*, *Health*, and *O*. Their

bottoms are particularly sexy (I love the *Copacabana Capri*), and the prices are right in line with major labels.

For the Cold-Weather Jogger: *Ibex* outdoor gear puts others to shame, especially if you love running outside when the temperature drops-- and when the snow flies. These pieces are pared-down and modern, and there are exceptional base layers offered alongside wool running pants.

For the Comfort Seeker: I love *Title 9*, because they're great for those "I'd rather walk" types who crave a looser exercise trouser. If you like something you can run in and yogacise in, you'll want to check out *Title 9*.

For the Trendy Runner: *Lululemon* is my runner-up, because sometimes I feel like they use trendier designs to justify a higher price point. While their performance gear is great, I'll only buy it on sale!

Where do you shop for workout clothes? What did you think of Miss Olsen's running ensemble?