



Muscle & Fitness Hers

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The Fit Girl's Summer Getaway Guide

Featuring: Tempest 20

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THE FIT GIRL'S SUMMER GETAWAY GUIDE

EIGHT AWESOME DESTINATIONS TO PUT YOUR FITNESS INTO ACTION

BY CAT PERRY

• **TAKE A HIKE!** As a *Hers* reader you're always on the go, and with long summer days upon us, now's the ideal time to get away. And since your definition of a great vacation means never sacrificing your fitness, why not plan a trip that gets you out of the gym and into the fresh air? Consider this your handbook to gorgeous cities that strike that ideal fitness-vacation balance. From Seattle, WA, to Burlington, VT, these are the perfect locales for some nature therapy: Go for the sailing, cliff jumping, and trail running; stay for the relaxation and nightlife. These fit travel ideas feature all your athletic must-haves, plus a few amazing glamping (that's "glamorous camping") options to unwind at afterward. Your body was built for this.



OSPREY WOMEN'S TEMPEST 20 PACK

Haul up to 20 pounds of essentials and a two-liter water reservoir (\$34, sold separately) in the women's daypack. Breathable back pad means all-day comfort. \$100. ospreypacks.com

—KRISTIN MAHONEY

GOTTA-HAVE GEAR

The latest essentials to enhance all your on-the-go escapades



GOPRO HERO4 SILVER

A teeny-tiny action camera plus video with massive capabilities, the HERO4 captures your latest outdoor stunts—and your gym selfies, too. Wi-Fi sync means Instagram-quick uploading. \$400. gopro.com



WOMEN'S UA SPEEDFORM XC TRAIL RUNNING

Durable, supportive, and stylish, this shoe is vital when you're running on rough terrain. A seamless heel cup with silicone grip gives a locked-in anatomical fit but at just six ounces won't weigh you down. \$100. underarmour.com



GARMIN VIVOACTIVE GPS MULTISPORT WATCH

This sleek GPS smartwatch has a touch screen that wirelessly syncs with your smartphone. Download sports apps, text your fam, and more. Bonus: Three-week battery life handily beats the Apple Watch. \$250. garmin.com



LULULEMON FIND YOUR BLISS JACKET

This reversible jacket comes in an array of colors. It has sexy mesh on one side to keep you cool and sweat-wicking fabric on the other for warmth when you need it. \$128. lululemon.com



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