

# Expert picks: Feminine, functional activewear



**Debi Thomas, MD**, orthopedic surgeon and 1986 World figure-skating champion

◀ **Pick:** Danskin Cotton-Polyester-Spandex Tank No. 9591 (\$30; 800-288-6749 or [www.danskin.com](http://www.danskin.com)) **Why:** This spandex tank lets my body breathe when I'm working out. I can remember the skating outfits we wore before spandex came along; the materials stretched in only one direction and were made of heavy polyester. Spandex tops move with your body.



**Sally Edwards**, triathlon pioneer, author, and founder of the Heart Zones, a heart-rate

training system **Pick:** Prana Convertible Pant (\$75; 800-557-7262 or [www.pрана.com](http://www.pрана.com)) **Why:** The design is well thought out. Last summer I did an epic adventure hike. I wanted lightweight pants that convert to shorts because of temperature changes. Sometimes women's pants have nonfunctional pockets, but these are deep and have snaps. Plus, the low waistline doesn't get in the way of my backpack's hip belt.



**Catherine Vogt**, assistant coach for men's and women's swimming at the University of North Carolina at Chapel Hill

◀ **Pick:** Speedo Axcel Splice Top (\$40 and Midster (\$38; 888-477-3336 or [www.speedousa.com](http://www.speedousa.com)) **Why:** I live on the coast of North Carolina and have gone boogie boarding, body surfing, and kayaking in my Speedo. It's sporty but feminine. And even though it's a two-piece, I can go in the ocean and feel comfortable. I like that the colors haven't faded, even after two years of being in salt water. —Heidi Ernst

