

## GYM COUTURE

French label Christian Lacroix has teamed up again with fitness brand Ultracor to bring its maximalist aesthetic to minimalist silhouettes designed for the track and the yoga studio. The limited-edition collection includes sports bras and leggings in whimsical Technicolor patterns straight from the house's archives.

ULTRACOR X CHRISTIAN LACROIX  
Babylonia Nights Luna Bra, \$145, and Ultra High Leggings, \$225.



## WHAT I REALLY DO...

**Jen Gunter**, Twitter's favorite ob-gyn and author of *The Vagina Bible* (\$19), talks venting, her writing process, and squashing Internet hate

**...IN THE MORNING:** "I must have coffee. It's not just the caffeine; it's the ceremony of making and pouring and sitting quietly with the warm cup and lovely smell. All my mugs have swear words or salty sayings on them, and that makes me smile."

**...BEFORE A WORKOUT:** "I tell myself that exercise is truly the best medicine. I do affirmations as I'm getting ready, like 'This is going to make you feel great.' I'm not sure they help, but they don't seem to be hurting."

**...WHEN CONFRONTED WITH A HOSTILE PERSON ONLINE:** "It depends. If someone is attacking reproductive rights, I feel compelled to speak up, but ad hominem attacks I typically try to ignore."

**...TO GET WRITING DONE:** "Drink more coffee, double-check my research, and get off social media. The latter is easier said than done! Especially on Saturday—all those #Caturday cats to admire!"

**...WHEN I'M FEELING DOWN:** "I talk to my kids, my person, or my friends. Things never seem as bad after I've shared what is bothering me with someone. People who know and care for me often have really wonderful advice, but even just listening helps."

# WELLNESS NEWS

The latest in fitness, health, and more By Taylore Glynn



## FIGHT CLUB

Smart mirrors loaded with virtual workouts are old news; FightCamp takes at-home fitness up a notch with its Bluetooth-enabled punch-tracking devices. Follow your instructor's jabs on your TV, track your progress, and compete against other FightCamp users on a national leaderboard. You can even purchase a free-standing heavy bag for a workout with more impact—no mirror required. *Memberships from \$39 per month; joinfightcamp.com.*

## SPRING BREAKAWAY

For a reset without the crunchiness of a commune or the stuffiness of a secluded ranch, Shou Sugi Ban House in New York's Hamptons offers a culture-rich alternative. The peaceful wellness retreat adheres to the Japanese art of *wabi-sabi*, or finding beauty in imperfection, and its plant-rich menu is inspired by Nordic, Japanese, and New England cuisines. Sign up for healing treatments at the spa or meditation classes to clear your mind and embrace the minimalism. *Stays from \$560; shousugibanhouse.com.*

