



Chicago Edition

- FASHION
- BEAUTY
- DEALS
- CULTURE
- FOOD & DRINK
- HOME & GARDEN
- TRAVEL
- GIFTS



Search DailyCandy

Go

Start Small, Go Big | The Roundup | Local Lists | Weekend Guide | Video | Weddings

DailyCandy on Facebook Like 259,058

Follow Us!

ONLINE - JANUARY 17, 2012

Let's Get Physical

Fitness Gear for Non-Gym Rats

Stuck in a rut? Revamp your routine with [workout goods](#), [fitness books](#), and [wellness products](#) that will transform you inside and out.



Bottoms Up
Mix a Dr. Frank Lipman Greens packet (\$59 for 28) with coconut water or almond milk to boost immunity and sustain energy.

0 COMMENTS

BOOKMARK

Like Sign Up to see what your friends like.

Tweet 16

Related Content

[Get Healthy in 2012](#)

[Oh, to Health with It](#)

[Homemade Face Mask and Scrub Recipes](#)

[Protein Smoothie Recipe](#)

[What a Hot Nutritionist Eats](#)

YOUR WORLD + OUR DEALS

(It's love at first buy.)

SAVE 40-70% GO>>



Our editors deliver the best Web content covering fashion, food, and fun with amazing Deals at 40-70% off.

EMAIL ADDRESS: