Double-duty fitness apparel

IS IT TOO MUCH TO ASK? Workout clothes chic enough to take you from gym to coffee date; crops with a waistband that won’t dig into your lower back when you’re doing crunches; technical features that don’t throw off your style? Eric Villency, creator of the new fitness apparel line Feats of Strength ($38 to $128; featsofstrength.com), says no, and set out to meet our needs. “Instead of making activity-specific apparel like yoga pants or running tights, all of our clothes have these features that ensure they work for any exercise,” Villency says. That means you’ll feel great no matter what your workout is.

HIDDEN FEATURES Nonfussy apparel with clean lines hides laser-cut vents, cord control for music players, and tucked-away key pockets.

INSPIRED VEGGIE DISHES

CAN YOU SPIRALIZE IT? That’s the question that started Ali Maffucci, founder of the blog “Inspiralized,” on her adventure into spiraled cooking. Maybe you’ve had zucchini noodles before, but Maffucci will teach you to turn everything from sweet potatoes to jicama into beautiful and nutritious meals, snacks, and sides in her new cookbook, *Inspiralized* ($20; amazon.com). Recipes like daikon ramen and beet rice nori rolls minimize carbs and help sneak more vegetables into your diet.