



Got Trainer Remorse?

One day you love the person putting you through your paces. Several sessions later, not so much. Hey, it happens. But when you start canceling your workouts to avoid your trainer, it's time to move on. Here's how to call it quits, from Jodyne Speyer, author of *Dump 'Em*.

SPELL IT OUT. A face-to-face breakup is best. Simply say the trainer's style isn't working for you and that you want to try someone else. "This is a professional relationship, and you don't owe more of an explanation," Speyer says.

LIE A LITTLE. If you feel the need, you can soften the firing with a fib. Two legit excuses: Your schedule has changed, making it impossible for you to meet up anymore, or you want to go with a trainer of the opposite sex.

CALL THE GYM MANAGER. She wants you to be happy, so she'll do the deed for you. But wimps, be warned: Unless you're willing to go to a different location, you may just be postponing an awkward confrontation.

—Sarah D'Angelo

GET CARRIED AWAY!

There's nothing like a great new gym bag to recharge your motivation mojo. These three totes make us look forward to working out. —c.g.



THE DOUBLE SHIFTER

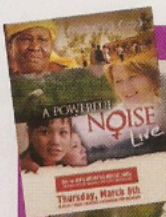
By day, Kipling's Emme tote is the belle of the locker room. By night, it's shimmering shoulder candy (\$96, kipling-usa.com).

THE HAUL OF FAMER

Pack everything but the kitchen sink in Columbia's roomy Classic Duffel bag (\$70, columbia.com).

THE SPLURGE

Designed with compartments for everything, Nike's Monica Standard Club bag is the Cadillac of carryalls (\$160, nike.com).



A Movie That Matters

Save the date! On March 5, CARE's *A Powerful Noise*—a documentary call to arms that follows three women fighting oppression in Bosnia, Mali and Vietnam—will premiere on 440 screens nationwide. After the credits roll, for this night only, a panel of experts and celebrities such as Christy Turlington Burns will answer pre-submitted questions via a

live feed from New York City. Tickets are \$15 (they went on sale January 30); buy them and send in your questions to powerfulnoise.org. —R.S.

FIT CAM ▶

What healthy food would you buy no matter the cost?



"I absolutely love mangoes. I craved them the entire time I was pregnant."

—Nyssa Kourakos, 40, public-relations executive



"Soy milk. I use it in everything, from coffee to cereal to smoothies."

—Megan Brackney, 35, lawyer



"I can never get enough sushi."

—Ashley Shreves, 30, ER physician

—R.S.