

# PULSE

A LIFESTYLE & ENTERTAINMENT MAGAZINE FOR CENTRAL MASSACHUSETTS

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*Worcester*  
**MUSIC AWARDS:**  
LOCAL MUSIC TAKES THE STAGE



# SPRING FITNESS FINDS

MERILEE KERN

Today's fashion scene is bursting with fab fitness apparel and accessory trends that'll have you steppin' out in style. Here are a few notable wearables that exemplify some of my favorite fitness fashion staples of this season:

## CUFFITS

Spring is all about making a fresh fashion statement. So, if you're tired of wearing the same black leggings for exercise but don't want to spend money on a variety of cute workout pants, then easily change up your fitness attire with Cuffits. They'll let you customize the look of your ordinary leggings by adding bright and colorful interchangeable cuffs to the bottom. Cuffits come in many different colors and fashionable designs and patterns, so the styling options are seemingly endless. You even can match your attire with your Cuffits and have the perfect outfit in just seconds. Just slide each cuff onto your calf and a silicone elastic band holds them in place, even during exercise. So no need to sport that boring workout gear, or overspend to have a bunch of different legwear options. Cuffits can help your fitness fashion budget go further, for less! [cuffits.com](http://cuffits.com).

## MYPHONEPOUCH CELL PHONE CARRIER

Here's a great way to help someone stop misplacing their phone and wasting valuable time looking for it! MyPhonePouch is a sleek, innovative solution allowing you to carry your cell phone securely and accessibly on your hip. This soft, stretchy pouch is worn tucked over any snug, sturdy waistband to instantly add pockets to an outfit. Designed by Allison Santini, it's especially great for those women and girls who often lack pockets on their outfits. It's great with leggings, yoga pants, sweats, shorts, skirts, slacks and other pocketless garments. Made of high-density performance fabric, MyPhonePouch is available in different colors and sizes to fit most phones. [myphonepouch.com](http://myphonepouch.com).

## CRAZYBABY AIR NANO WIRELESS EARBUDS

The Air Nano Wireless Earbud by Crazybaby is a great gifting option. The classic bullet design of these wire-free earbuds offers a snug fit for all types of ears, making them perfect for running, jogging and other rigorous activities. The soft material that makes up the wingtip is water-washable, anti-static and removable (different size options come bundled). It uses the industry's leading 998 custom-made Carbon Nanotube Diaphragms, enabling crystal-clear acoustics that facilitate an immersive music listening experience. These earbuds boast eight to 12 hours of playback time for all day use. Super fuel technology allows a quick five minute charging window for a full 90 minutes of playback. Precision engineering has resulted in an ultra-compact charging case design that can fit in the smallest pockets without worrying about cables tangling up. The Crazybaby Air Nano Wireless Earbuds are available in 10 trendsetting, vibrant colors with plenty of choices to match your personal style.

[crazybaby.com](http://crazybaby.com).

## LEBODY

Get spa-level results in the comfort of your own home with LeBody! The leading Korean beauty-technology company just launched in the United States this past December, offering two devices that bring professional-level technology directly to the consumer. The LeBody Face is a compact beauty device that uses electrical ionization and micro-currents to stimulate elastin in the skin for an instant lifting effect, while absorbing active ingredients, rearranging collagen and improving skin elasticity. The LeBody Form uses EMS mid-frequency to strengthen muscles and increase energy consumption to burn fat components in the body by directly stimulating and activating the muscles for a slimming effect. LeBody products allow consumers to use advanced, cutting-edge technology in the comfort of their own homes. [lebodyusa.com](http://lebodyusa.com).

*As the Executive Editor and Producer of "The Luxe List," Merilee Kern is an internationally-regarded consumer product trends expert and hospitality industry voice of authority—a travel, dining, leisure and lifestyle expert who spotlights noteworthy marketplace innovations, change makers, movers and shakers. She reports on exemplary travel destinations and experiences, extraordinary events and newsworthy products and services across all categories. Reach her online at [www.TheLuxeList.com](http://www.TheLuxeList.com), on Twitter at [www.Twitter.com/LuxeListEditor](https://twitter.com/LuxeListEditor), on Facebook at [www.Facebook.com/TheLuxeList](https://www.Facebook.com/TheLuxeList) and on Instagram at [www.Instagram.com/LuxeListReviews](https://www.Instagram.com/LuxeListReviews).*