



UP & OUT

NYC-based fitness-fashion designer Marguerite Wade on how she gets going BY SARA GAYNES LEVY

MY INSPO BOARD "Strong, beautiful women inspire me."



MY GEAR

I like the weight and feel of my Babolat racquet.*
RACQUET Pure Conted, \$179;
Babolat.com for



MY LINE
"This bra top is my
favorite—for the
gym or dancing."
SPORTS BRA Full
Court, \$125; Opening
Ceremony.us

MY JEWELRY
"Right now it's simple silver bracelets." BANGLES (top and bottom), \$225 for five; WBrit.com; (center) \$05; Alexie/Bitte com

"Some days I jump out of bed and make a smoothie," says designer Marguerite Wade. "Others, the SNOOZE button is my friend!" Her best mornings involve hitting the tennis court-for exercise and to spark creativity, "Tennis clears my mind and gets my heart pumping," she says. Wade then goes from making serves to taking meetings in less than 20 minutes. "My beauty routine is minimalist. I'm lucky to have inherited my mother's good skin," she says. Her wardrobe of easy tees and denim also speeds things along, "With my

schedule, I have to be ready for anything," she says, "so I stick to pieces that make me feel good." MY ROUTNE

1 police products with
interproducts wit

MY KICKS
"I'm a sneaker
fanatic,"
SEAM MEDIS

MY KICKS m a sneaker fanatic." SNEAKERS Jnder Armour, 100; UA.com

5 things that get her up and out

A PREPPED TO-DO LIST
"Writing mine out the
night before helps me
organize. I get up with
a sense of purpose."

T A DECAF COFFEE
"If I have a stressful
day, I'll avoid caffeine.
I've found it makes
me feel more anxious."

A MOMENT ALONE
"My days are crazy, so
it's nice to have a little
quiet and time to
myself in the mornings."

A QUICK NEWS HIT
"I turn the TV on for a
few minutes so I can go
to meetings already up
on the day's headlines."

A GLASS OF JUICE "I like having a few sips of cranberry-pomegranate juice to get some antioxidants first thing."

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