



WORKING  
AGAINST  
GRAVITY

# SUMMER GETAWAY GUIDE



Summer is here, but this guide is one to keep year-round, even if you aren't lucky enough to have 365 days of sun. Every season brings its own unique nutrition and training challenges. While winter has us craving comforts like hearty meals and staying under the blankets, summer puts us straight into our flip-flops and sends us into the sunshine.

We want you to feel amazing for those summer days, but if the sand isn't your jam, that's cool! We've created a guide full of tips to keep you on track for any adventures you may take, with easy, on-the-go meal ideas, travel hacks and workouts that are perfect for anyone, anywhere.

Inside this guide you'll find:

**3 TRAVEL MUST-HAVES**

Eight essentials you definitely want to pack to make meals on the go a little less "MacGyvered."

**4 SUN DAY, FUN DAY EXTRAS**

Maybe you don't need these, but they'll make your day a heck of a lot more fun!

**5 TRAVEL SNACK STRATEGIES**

Need to know how to fill your cooler for a day in the sun? Look no further. From grab-and-go snacks to packing a portable meal from home, we have your travel snack strategies right here.

**7 ON-THE-RUN MEAL IDEAS**

Perfect for road trips and weekend adventures! Don't worry if you can't hit a grocery store, we have you covered with easy, healthy meals.

**9 HOW TO ORDER AT A RESTAURANT**

Here are the things to look for and think about when you hit that beach-side spot!

**11 SUMMER SIPPIN'**

Whether you plan to indulge in a cocktail or just need to stay hydrated, we have tasty drink ideas and tips for you to enjoy with moderation and mindfulness.

**13 BEACH AND TRAVEL WORKOUTS**

Don't let travel keep you from getting your sweat on. We have everything from bodyweight workouts on the beach to making the most of a limited gym — thanks to our friends over at Brute Strength!

**17 FOR THE LADIES! SWIMSUIT GUIDE**

Styles that flatter your physique and where to get them. Look how you feel this summer — strong, fit and beautiful!



# TRAVEL MUST-HAVES

*When packing your bags for a trip, these essentials make meals on the go way easier to manage.*

## ESSENTIAL HARDWARE

There are some must-have tools that you should always pack with you:

### Sturdy Cutlery

Trying to eat a salad with a flimsy plastic fork is no fun when you're hungry! We love this all-purpose [spork](#) that's compact but functional.

### Travel Scale

No need to lug around your kitchen scale with you — invest in a compact folding scale like this one to pop in your backpack so you can be as accurate as you need to on the go.



### Backup Tupperware

Tupperware makes it easy to mix a meal on the go or to save portions for later. Even if you're packing prepped meals, throw in a couple of clean extras — you never know when they might come in handy.

### Travel Soap and Scrubby

Remember that protein coffee you mixed up in that shaker? Yeah, you're going to want to clean that. Don't make coming home harder than it needs to be with stinky shakers and tupperware. Wash that stuff as you go!

### Frozen Water Bottles

Don't waste money or space on ice packs, simply freeze a few water bottles for your cooler to keep everything cold, and once they thaw, they're a perfect reminder to stay hydrated. Win-win!

## BYO FLAVOR

If you're conscious about eating out you might want to consider ordering your burger or salad without calorie-dense sauces and dressings. While this habit is an excellent way to control what you're eating, it can be a recipe for something very bland. Here is how to foolproof flavor your meals:

### Low-Calorie Condiments

Who wants to travel with a whole bottle of mustard or hot sauce? Use mini tupperware or grab disposable condiment cups (ask at a restaurant, they are usually happy to part with a couple) to fill up with small portions



### Seasonings

Carry salt, pepper and your favorite seasoning blend packets with you on trips! It can make a huge difference in how much you enjoy your meals while traveling, without taking up too much space or weighing you down.

### Protein Powder

Lean protein is THE hardest thing to find on the go, so pack some backup. Throw it into an iced coffee for a tasty treat or stir it into yogurt and oatmeal as a flavoring agent.



### Beach Cart

This carryall cart is perfect for the park, beach or cottage. With the capacity to hold chairs, games, umbrellas, snacks and just about anything else you can think of, it's a no brainer for convenience.

### Giant Umbrella

No shade? No problem, if you pack your own. It's hard to squat with a sunburn, so having a shady spot to cool down and chill helps keep your skin safe.

## SUN DAY,

## FUN DAY EXTRAS

To make the most of your day out, pack these extras to keep you comfortable and having a blast all day long.

### Fun Games

Outdoor games are a great way to keep moving and get everyone engaged. Spike ball, frisbee and football are perfect for friends and family of all ages.

### Bluetooth Speaker

Perfect for letting you pump up the jams (at a respectful volume) so you can listen to your favorite summer tunes!



# TRAVEL

## SNACK STRATEGIES

Don't risk cutting your fun short by getting hungry. Above are some of our favorite low-prep snacks you can grab and go or whip up in 10 minutes or less.

### Grab and Go Snacks

- Jerky
- Turkey pepperoni
- Skim-milk string cheese
- Babybel & Laughing Cow cheese portions
- Pretzels
- Yogurt tubes (try them frozen too!)
- Hard-boiled eggs
- Snap peas
- Baby carrots
- Cherry tomatoes
- Mini hummus cups
- Chomperz Sea Snacks
- Granola bars — try the Quaker 25% Less Sugar
- Chewy Bars
- Dried seaweed
- Oh Snap! Pickle packs
- Rice chips/cakes (100-calorie packs are perfect portions!)

### 10 Minutes or Less

- **Romaine lettuce wraps** with deli meat, tomato, honey mustard, thick-sliced cucumber and radish with salt and fresh lime juice. Add Tajin seasoning for some chile flavor.
- **Fruit salad** with strawberries, cantaloupe, melon, pineapple — you can buy these precut to save time. Dollop some cottage cheese or yogurt on top!
- **Protein Sandwiches!** try rice cake thins and flavored tuna pouches.
- **Roll-Up** with PB2, reduced sugar jam, fiber wrap
- **Greek yogurt dip:**
  - V1** Stir in chopped dill, grated garlic, flaky salt, pepper — all to taste. Pair with veggies.
  - V2** Mix in sweetener of choice and a flavoring agent like vanilla or caramel extract, cocoa, light syrup or protein powder. Pair with fruit.
  - V3** Stir in ranch or onion dip flavor powder. Pair with veggies or healthy chips.

### Snack Packs

These are perfect, pre-portioned snacks to enjoy now or later. Keep the ingredients separate to keep them fresh longer and to make it easy to assemble them in a pinch! To stay organized, pack in a gallon ziplock bag and write the macros directly on it so you know exactly what you are fitting in to your day.

- Romaine lettuce leaves, flavored tuna packet, light Laughing Cow cheese
- Sliced veggies, single-serve hummus cup, jerky
- Applesauce packet, skim-milk string cheese, rice crackers
- Plain, fat-free Greek yogurt cup, mini granola bar, whey protein





TWO INGREDIENT  
BANANA CHIPS



SHREDDED  
CHICKEN SALAD



NO BAKE BLUEBERRY  
OATMEAL BARS



CINNAMON BUN  
HUMMUS



REDUCED GUILT  
GUACAMOLE

## TRAVEL-FRIENDLY RECIPES

Click on the  
photos for a link  
to the recipe!

### From the WAG Test Kitchen



# ON THE RUN .....▶ MEAL IDEAS

WAG's favorite tips for quick meals on the road and on the go!

## WAG RESOURCES

Here are some articles and podcasts to reference before you hit the road, beach or outdoor adventure!

[\*A Complete Guide to Tracking While Traveling\*](#)

[\*How to Eat When You Travel\*](#)

[\*On the Road Meals\*](#)

[\*Real Food Made Easy\*](#)

[\*Meal Prep To-Go!\*](#)

## BURGER HACK



Burgers don't have to be calorie dense if you break them down the right way. Since burgers are higher in fat, we want to find some balance here with small modifications.

- Skip high-fat toppings like cheese, mayonnaise and bacon.
- Ask for your bun untoasted — they are often grilled with a bit of oil to crisp them, adding some sneaky calories.
- Load up on extra tomato, lettuce and pickles to add volume.
- Want to keep it lower carb? Add your burger to a side salad or ask for a lettuce wrap instead.





## IN A PINCH

### PREMADE SANDWICH

- Get a sandwich/salad from a convenience store or gas station fridge. *Lean options* like chicken, turkey or ham are best.
- Weigh one slice of the bread and multiply that by two to get the total weight. If you've got the carbs, keep 'em. If not, throw out the bread and transfer the ingredients into a tupperware to mix with pre-packed greens or into a high-fiber wrap.
- Ditch the dressing or the cheese and recalculate from scratch if you need to save fat macros.
- Add flavor! Grab pickles, salsa, ketchup and/or mustard packets from the hot dog section. Stuff your pockets with them for later too.



### GAS STATION


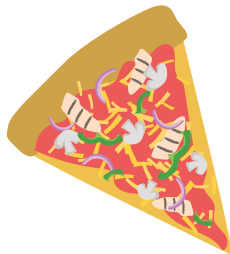
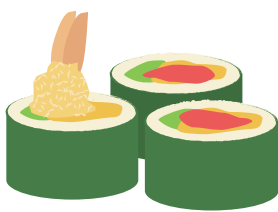
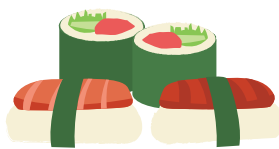

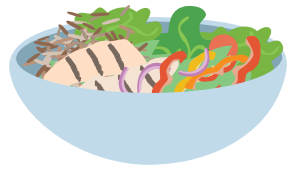
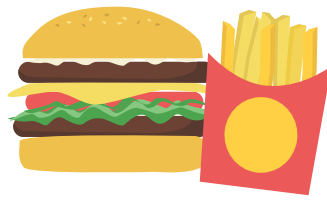

### YOGURT PARFAIT


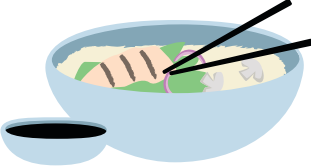
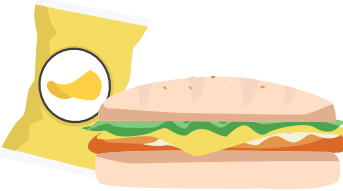
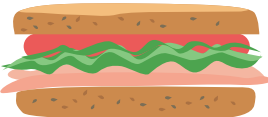






- Single-serve yogurt — look for *low-fat, unsweetened* Greek yogurt and sweeten it with your sweetener of choice.
- *Fresh fruit* — bananas and apples are easy to find in gas stations, but you may luck out and find berries!
- If you need to *bump up carbs or fats*, look for single-serve nut butters, trail mix packets or granola/granola bars.
- For *extra protein*, stir in some pre-packed protein powder.
- Mix it all together in that *spare tupperware* container you packed!



# HOW TO ORDER AT A RESTAURANT

while still keeping  
your nutrition in check.

	PASS ON THESE	ORDER IT THIS WAY
PIZZA	 <ul style="list-style-type: none"> <li>• Deep dish</li> <li>• Extra cheese</li> <li>• Extra oil on top</li> <li>• Fatty protein (salami, bacon, sausage)</li> <li>• Eating every slice!</li> </ul>	 <ul style="list-style-type: none"> <li>• Smallest size</li> <li>• Thin crust</li> <li>• Tomato base</li> <li>• Half / no cheese</li> <li>• Lean protein (chicken breast, shrimp, ham)</li> <li>• Extra vegetables</li> <li>• A box for leftovers</li> </ul>
SUSHI	 <ul style="list-style-type: none"> <li>• Tempura / fried protein or veggies</li> <li>• Fatty proteins: (pork belly, skin-on meat)</li> <li>• Sweet sauces</li> <li>• Oil or mayonnaise</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean protein (sashimi, chicken, shellfish)</li> <li>• White rice</li> <li>• Soy &amp; hot sauce</li> <li>• Pickled veggies</li> <li>• Extra veggies</li> <li>• Edamame</li> </ul>
MEXICAN	 <ul style="list-style-type: none"> <li>• High carb &amp; fat meals: (burrito, quesadilla, hard shell tacos, tostadas, enchiladas)</li> <li>• Fatty protein (pork, chorizo, ground beef)</li> <li>• Extra cheese</li> <li>• Sour cream</li> <li>• Refried beans</li> <li>• Extra rice &amp; tortillas</li> </ul>	 <ul style="list-style-type: none"> <li>• Salad &amp; bowls</li> <li>• 1 Carb (white rice, 1 flour tortilla or 1-3 corn tortillas)</li> <li>• Lean Protein (chicken, fish, shrimp)</li> <li>• Black beans</li> <li>• Extra vegetables (Lettuce, tomato, corn)</li> <li>• Half / no cheese</li> <li>• Salsa &amp; hot sauce</li> <li>• Sour cream on side</li> </ul>
BURGERS	 <ul style="list-style-type: none"> <li>• Butter / oil on bun</li> <li>• Having a bun at all (go low carb w/ lettuce wrap!)</li> <li>• Fries</li> <li>• Extras (burger patty, bacon, cheese, sauces)</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean protein (lean burger, fish, chicken)</li> <li>• Extra vegetable filling: (lettuce, tomato, onion)</li> <li>• Sauce on the side</li> <li>• 1 cheese slice</li> <li>• Side salad</li> <li>• Dressing on the side</li> <li>• Mustard &amp; hot sauce</li> <li>• Pickles</li> </ul>

	PASS ON THESE	ORDER IT THIS WAY
ASIAN	 <ul style="list-style-type: none"> <li>• Oily entrees (dumpling, egg rolls)</li> <li>• Fried protein</li> <li>• Fried rice</li> <li>• Tempura</li> <li>• Sweet or oily marinades</li> <li>• Nuts / nut sauces</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean ,skinless protein (grilled / steamed / stir fry shrimp, fish, chicken)</li> <li>• Little oil</li> <li>• White rice / rice noodles</li> <li>• Steamed vegetables</li> <li>• Broth soup</li> <li>• Soy, oyster, fish sauce</li> </ul>
SANDWICHES	 <ul style="list-style-type: none"> <li>• Fatty protein (bacon, meatballs, salami)</li> <li>• Fried or battered meat</li> <li>• Huge sub rolls</li> <li>• Cheese</li> <li>• Mayo / oily sauces</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean protein (ham, turkey, roast beef, chicken)</li> <li>• Sliced sandwich bread (white, sourdough, wheat)</li> <li>• Fresh vegetables</li> <li>• Pickles</li> <li>• Mustard</li> <li>• Hot Sauce</li> </ul>
STEAKHOUSE	 <ul style="list-style-type: none"> <li>• Fatty proteins: (ribeye, porterhouse, t-bone, skin-on meat, bacon)</li> <li>• Fries &amp; chips</li> <li>• Oil / butter on carbs</li> <li>• Oily or sweet sauces</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean protein (bottom sirloin steak, shellfish, chicken, pork tenderloin)</li> <li>• Steamed vegetables</li> <li>• Sauce on the side</li> <li>• Side salad w/ dressing on the side</li> <li>• Plain, dry carbs: (bread, rice, baked potato, yam)</li> </ul>
SALAD BAR	 <ul style="list-style-type: none"> <li>• Fatty proteins: (fried or battered meat, skin-on meat, bacon)</li> <li>• Croutons</li> <li>• Extra cheese</li> <li>• Nuts for low fat</li> <li>• Overly sweet / oily dressings</li> </ul>	 <ul style="list-style-type: none"> <li>• Lean protein (ham, fish, chicken breast)</li> <li>• Extra fresh vegetables</li> <li>• Little cheese</li> <li>• Dressing on the side</li> <li>• Balsamic vinegar</li> <li>• Extra herbs</li> <li>• Order “untossed” (helps with estimating macros)</li> </ul>
PASTA	 <ul style="list-style-type: none"> <li>• Fatty proteins: (bacon, ground beef, meatballs)</li> <li>• Large serving sizes</li> <li>• Alfredo, cheese, or cream based sauces</li> <li>• Garlic / oil bread</li> <li>• Extra cheese</li> </ul>	 <ul style="list-style-type: none"> <li>• Half serving pasta</li> <li>• Lean protein (shrimp, fish, chicken breast)</li> <li>• Extra fresh vegetables</li> <li>• Cheese on the side</li> <li>• Side salad with dressing on the side</li> <li>• A box to take home the rest</li> </ul>



# SUMMER SIPPIN'



Laying in the sun can work up as much sweat as the gym! It can take a lot out of you, so for the sake of your skin (and overall health) — drink up!

If you do choose to have an adult bevy or two, having some low-/no-calorie hydrators to add to your drink rotation will help you pace yourself and stay hydrated. Try these:

- Flavored sparkling water
- Cucumber and lemon water
- Protein drinks
- Unsweetened coconut water
- Kombucha
- Frozen water bottles

**Avoid the beer bloat:** It's worth skipping the beer for an easy mixed drink that's lower in calories and less likely to make you feel bloated.

## PALOMA

- 1 oz. tequila
- 2 parts soda water
- 1 part Fresca or fresh grapefruit juice
- Juice from ½ a lime
- Pinch of salt
- Ice

## CAMPECHANA

- 1 oz. rum
- 2.5 parts soda water
- .5 part Coke Zero
- Juice from ½ a lime

Not much of a cocktail person?

*No problem, we have you covered.* We firmly believe in making educated and mindful choices when it comes to alcohol, so we created some handy charts to help you weigh your options, while making it easy to stay on top of planning drinks in your day.

# LIQUOR (1.5 oz)

LIQUOR TYPE	CALORIES	CARBS	FAT	50% CARBS & 50% FAT
Tequila	104	26.2g	11.5g	13.1g carbs + 5.7g fat
Vodka	96	24g	10.6g	12g carbs + 5.3g fat
Rum	97	24g	10.6g	12g carbs + 5.3g fat
Whiskey/Scotch Bourbon	105	26.2g	11.5g	13.1g carbs + 5.7g fat
Gin	96	24g	10.6g	12g carbs + 5.3g fat

# BEER (12 oz)

ABV	CALORIES	CARBS	FAT	50% CARBS & 50% FAT
3.5%	105	26.2g	11.6g	13g carbs + 5.8g fat
4.0%	120	30g	13.3g	15g carbs + 6.6g fat
4.5%	135	33.7g	15g	16.9g carbs + 7.5g fat
5%	150	37.5g	16.6g	18.7g carbs + 8.3g fat
5.5%	165	41.2g	18.3g	20.6g carbs + 9.5g fat
6%	180	45g	20g	22.5g carbs + 10g fat
6.5%	195	48.7g	21.6g	24.3g carbs + 10.8g fat
7%	210	52.5g	23.3g	26.2g carbs + 11.6g fat
7.5%	225	56.2g	25g	28.1 carbs + 12.5g fat

# WINE, COOLERS, CIDERS

TYPE	CALORIES	CARBS	FAT	50% CARBS & 50% FAT
Red Wine (5 oz)	125	31.2g	13.8g	15.6g carbs + 6.9g fat
White Wine (5 oz)	120	30g	13.3g	15g carbs + 6.6g fat
Rose (5 oz)	105	26.5g	11.6g	13.1g carbs + 5.7g fat
Champagne (5 oz)	96	24g	10.6g	12g carbs + 5.3g fat
Wine Cooler (12 oz)	220	55g	24.4g	27.5g carbs + 12.2g fat
Hard Lemonade (12 oz)	220	55g	24.4g	27.5g carbs + 12.2g fat
Cider (12 oz)	140	35g	15.5g	17.5g carbs + 7.7g fat

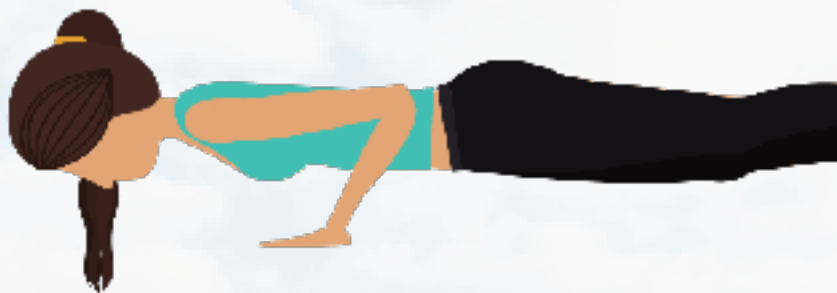
*\*based on average calories*



# BEACH & TRAVEL WORKOUTS

Sun's out, guns out! We asked our friends over at Brute Strength Training for the best bodyweight workouts to get you ready to show people which way the beach is.

## BEACH WORKOUTS



# 1

### 7 ROUNDS,

*No time limit, just get work done.*

- Swim 50m (25m out/25m in)
- 30 push-ups
- 30 air squats

# 2

### 4 ROUNDS:

*Try to keep your reps consistent.*

- 30 air squats
- 1 min. max lateral jumps
- 1 min. max burpees
- 2 min. rest

*Score is total reps.*

# 4

**4 ROUNDS:** *Quality reps. Hold a heavy bag for the lunges and squats if you want.*

- 20 walking lunges
- 1 min. max mountain climbers
- 1 min. max squat jumps
- 2 min. rest

*Score is total reps.*

# 3

### 15 MINUTE AMRAP.

*Pace it or go hard.*

- 1 each of 0-5, 0-10, 0-15, 0-20 yard shuttle runs
- 10 burpees
- 10 mountain climbers

# 5

**4 ROUNDS:** *For time!*

- 20 hollow rocks
- 30 lunge jumps
- Run 400m
- 2-minute rest

*Score is time.*

6

**TAP OUT:** *This one is fun with a partner!*

- 0:00-1:00 – 6 burpees
- 1:00-2:00 – 10 squat jumps
- 2:00-3:00 – 7 burpees
- 3:00-4:00 – 12 squat jumps
- 4:00-5:00 – 8 burpees
- 5:00-6:00 – 14 squat jumps

*Burpees increase by 1 each minute, squat jumps increase by 2 each minute; continue until work can no longer be completed within the minute, at which point you tap out. Score is total reps.*

7

**10 ROUNDS:***Can't go wrong with some sprints.*

- 100m sprint, rest 1 minute

9

**15 MINUTE EMOM:***As hard as you can on each minute!*

40 seconds on/20 seconds off

- Burpees
- Squat jumps
- Lateral Jumps

10

**5 ROUNDS:***Really go fast with the high knees.**Quality reps for the rest.*

- 40 high knees
- 20 plank walks
- 10 candlesticks
- Rest 60 seconds.

8

**5 ROUNDS:** *(All high-quality reps.)*

- 20 air squats
- 20 Spider-Man push-ups
- 20 V-up
- 20 tuck jumps
- Rest 90 seconds.





## SIMPLE GYM

# TRAVEL WORKOUTS

*If you're staying in a hotel with a gym or only have access to a basic commercial gym, you can still get your WOD on with a little creativity.*

1

- 1A. 3x15 dumbbell bench presses
  - 1B. 3x10 lateral raises
  - 1C. 3x20 push-ups
  - 1D. 3x20 leg lifts
- Rest 2 minutes.

### 12-MINUTE AMRAP

- 30 double unders
- 15 alternating arm dumbbell snatches 50/30lb

2

- 1A. 3x8-15 each single-arm dumbbell overhead presses
  - 1B. 3x8-15 each single-arm dumbbell rows
  - 1C. 3x15 V-ups
- Rest 90 seconds.

### 3 ROUNDS

- 20 alternating-arm dumbbell snatches 50/30
  - 1 min. max burpees
  - 1 min. max squat jumps
  - Rest 2 minutes.
- Score is total reps.

3

- 1A. 3x8-15 dumbbell overhead presses
  - 1B. 3x8-15 double-arm dumbbell bent-over rows
  - 1C. 3x 1-min. plank
- Rest 90 seconds.

### 3 ROUNDS

- 30 dumbbell thrusters 35/20
  - Run 400m.
  - Rest 2 minutes.
- Score is combined 400m times.

4

- 1A. 3x8-15 each single-arm dumbbell bench presses 40X0
- 1B. 3x8-15 each single-arm dumbbell rows 40X0
- 1C. 3x10 each side planks w/ elbow touches

### 8 ROUNDS:

- 20 seconds work/40 seconds rest:
- Min. 1: Push-ups
  - Min. 2: Jump squats
  - Min. 3: Burpees
  - Min. 4: Sit-ups



TRAVEL WORKOUTS BROUGHT TO YOU BY

# BRUTE

STRENGTH

## 5

- 1A.** 3x8-15 dual dumbbell or kettlebell squats 40X0  
**1B.** 3x8-15 dual dumbbell or kettlebell deadlifts  
**1C.** 3x6 reverse lunges (each leg)

**12-MIN. AMRAP**

- 15 air squats
- 10 pistols
- 5 V-ups

## 6

**3 ROUNDS**

- 10 single-arm overhead squats (each arm)
- 1 min. max burpees
- 1 min. max lunge jumps
- Rest 2 minutes between rounds.

Score is total reps burpees + lunge jumps.

## 7

- 1A.** 3x 8-15 dumbbell Romanian deadlifts  
**1B.** 3x 6-10 Bulgarian split squats  
**1C.** 3x 10 each single-leg glute bridges

**3 ROUNDS**

- 30 dumbbell thrusters
- 20 V-ups
- 1 min. max lunge jumps

## 8

- 1A.** 3x8-15 goblet squats 40x0  
**1B.** 3x 1 minute each static lunges  
**1C.** 3x 20 glute bridges

**3 ROUNDS**

- 14 alternating-arm dumbbell snatches
- 14 dumbbell overhead squats
- 20 burpees
- Rest 2 minutes.

Score is total time of every round combined.



This section is an added bonus for our female readers, because we want you to feel as good as you look. No matter what your weight, shape, age or size — confidence gives you a glow that can't be matched.

We often want to wait to buy new clothes until we reach our physique goal, which is a budget-

conscious choice, but rather than splurging on a new wardrobe it might be time to treat yourself to a new suit because #lookgoodfeelgood. Plus, a new bathing suit can be a relatively cheap investment. There's no limit to the designs of swimsuits these days, so get outside the box and experiment!

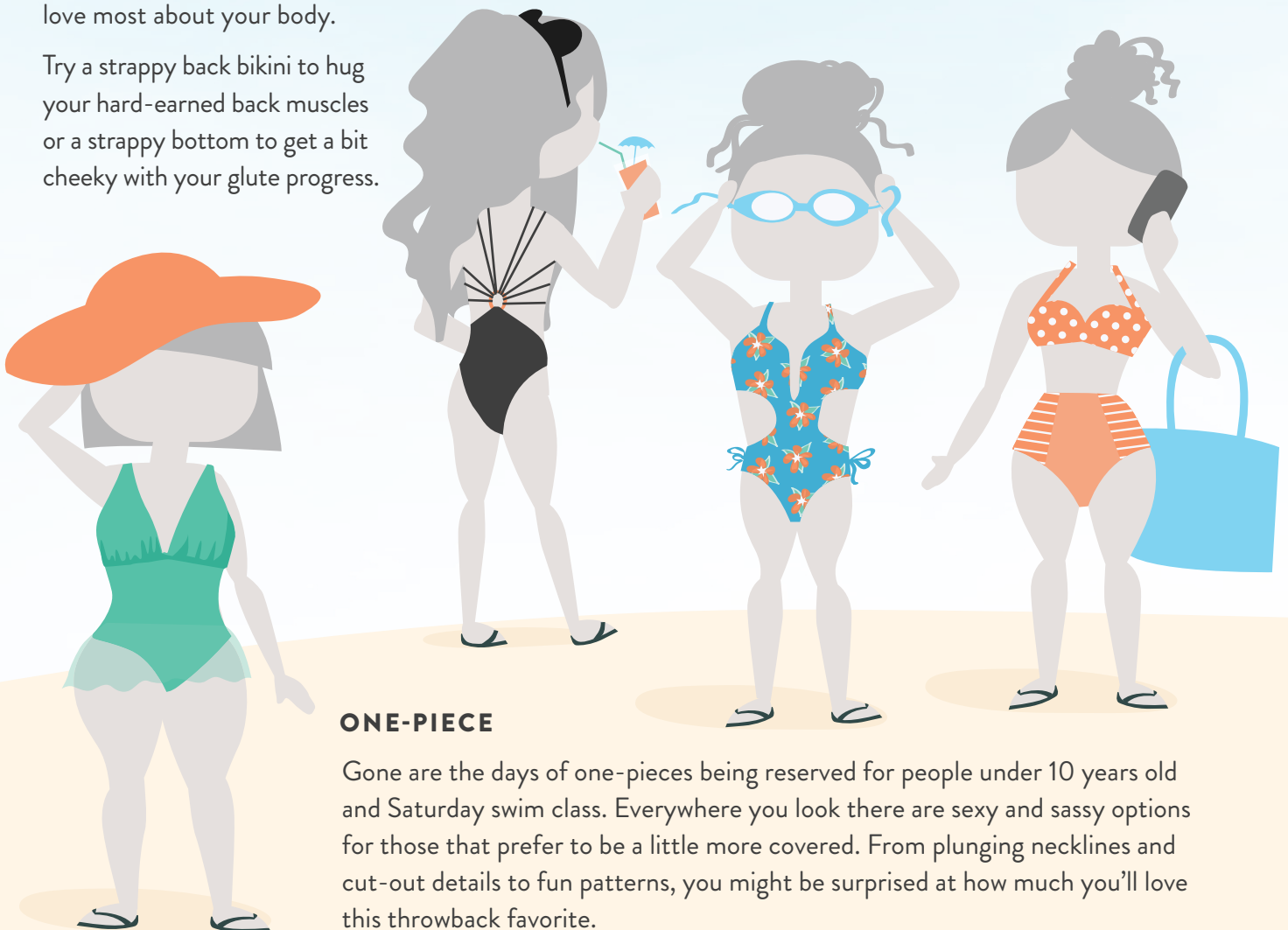
### STRAPPY

These may not be the best for avoiding weird tan lines, but strappy suits are an easy way to draw attention to what you love most about your body.

Try a strappy back bikini to hug your hard-earned back muscles or a strappy bottom to get a bit cheeky with your glute progress.

### HIGH WAIST

Flirty and feminine high-waisted bottoms are making a comeback. Perfect for showing off your curves or to enhance the look of a smaller waist. The style is also a great way to have a little more coverage, while still working on your tan.



### ONE-PIECE

Gone are the days of one-pieces being reserved for people under 10 years old and Saturday swim class. Everywhere you look there are sexy and sassy options for those that prefer to be a little more covered. From plunging necklines and cut-out details to fun patterns, you might be surprised at how much you'll love this throwback favorite.

SWIMWEAR PHOTOS COURTESY OF:

**SAVAGE**  
SWIM



## MIX & MATCH

Finding two pieces that are sold separately makes it easy to find a great fit, because chances are your body is a little more dynamic than just one size top to bottom. Buying separates also lets you get creative with prints, colors and cuts!

## BOYSHORTS

Not loving the idea of a string coming undone while paddle boarding? Fuller coverage boyshorts are becoming a season staple for most companies, so you can play hard and look great.

## WHERE CAN I FIND MY NEW SWIMWEAR?

If you're not sure where to get started with shopping, here are a few places on our list:

[Forever 21](#) \$

[H&M](#) \$

[Jolyn Clothing](#) \$

[Target](#) \$

[Walmart](#) \$

[Aerie](#) \$\$

[Athleta](#) \$\$

[ASOS](#) (online only) \$\$

[PINK by Victoria's Secret](#) \$\$

[Lululemon](#) \$\$

[Pakaloa Swim](#) \$\$

[Patagonia Swim](#) \$\$

[Savage Swim](#) (offers custom options for a perfect fit) \$\$\$

## PRICING GUIDE

(based on average cost):

\$ – Under 40 USD per item

\$\$ – 40-80 USD per item

\$\$\$ – Over 80 USD per item

