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Alison Sweeney
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10
Surprising little ways to stay healthy



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HIGHLIGHT YOUR PERSONALITY

It's the little things—from your glasses to your Starbucks-run gear (a slim pouch you can throw in your tote)—that'll make you shine.
CLUTCHES, FROM TOP Banana Republic, \$120. Boden, \$108. **NECKLACE** Shiny Mix, \$34 (20% off with code REDBOOK20). **TABLET** Samsung Galaxy Tab S 8.4, \$399. **GLASSES, FROM TOP** Eyebobs, \$79. EyeBuyDirect, \$39. **BRACELET** Capwell + Co., \$59 (20% off with code REDBOOK20).

