

***Fresh Off the Boat's* Constance Wu Shares Her Workout Essentials**

Sneak a peek inside her exercise bag.

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The star of ABC's hit show *Fresh Off the Boat* runs four to seven miles most days, but she also throws **yoga classes** and **ab moves** into the mix because, well, "I've been trying to get a **six-pack** for years!" Keep it simple like Constance does with the **Hailey Tote** (\$82, lesportsac.com), and find the other goods she can't **work out** without below.

WHAT'S IN **Constance Wu's** GYM BAG?



1. SNEAKERS



2. HEADBANDS



3. SPARKLING WATER



4. SUNSCREEN

3. Sparkling Water

"The grapefruit flavor is really refreshing after a workout, and it's zero calories and all natural." (**LaCroix Pamplemousse Sparkling Water**, \$6 for a 12-pack, at grocery stores)