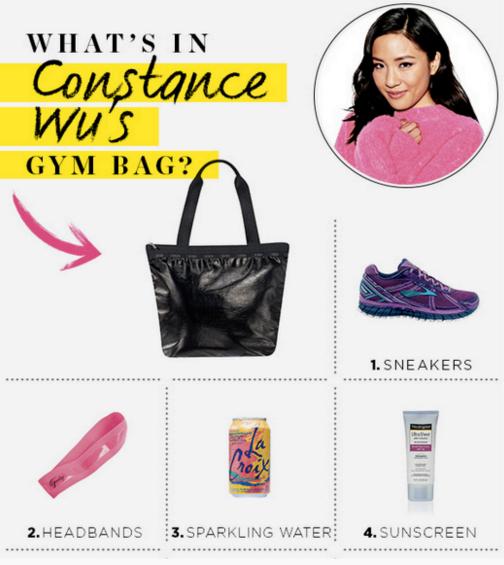


Fresh Off the Boat's Constance Wu Shares Her Workout Essentials

Sneak a peek inside her exercise bag.

BY BY THE EDITOR'S OF WOMEN'S HEALTH, December 29, 2015

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.



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)