

## What's in Your Gym Bag?

### Pilates Style asks Tannis Kobrinsky

Whether trotting the globe or just Los Angeles, Pilates and Gyrotonic instructor Tannis Kobrinsky is always prepared. The owner of Health Habittravels ([healthhabittravels.com](http://healthhabittravels.com)) organizes and leads three-day to two-week Pilates retreats and travel programs all over the world several times a year. When she's not on the go, she can be found leading mat and equipment classes around Los Angeles. We took a peek inside her gym bag to see what she packs with her when she's on the go.

- Her iPod and the means to play it. Yep, she does use music in her mat classes.
- Beautification tools for the girlie girl: lip gloss, comb, hair clips and/or ponytail bands.
- Small containers of body/hand lotion and Purel.
- Healthy snacks like trail mix or portable fresh fruit, protein bars, soy milk, cheese or turkey jerky.
- Altoids and bottled water. Pilates instructors need to communicate a lot, and mints and water help stave off talking fatigue.
- A warm top or scarf to put over her workout clothes. It helps keep muscles warm and stave off colds and flu. During colder months, a pair of cozy socks.
- A packet of Emergen-C to boost her energy and build up resistance—working with lots of clients exposes her to lots of germs.
- Aspirin and non-drowsy allergy medicine to knock out the rare headache or allergy attack.
- Health Habittravels brochures, business cards and fliers for upcoming retreats and adventures.
- Pen and notebook—this wonderwoman is a talented writer too.
- Cell phone, always off but available while she's teaching.
- Deet, sunblock, malaria medication and Sting-Eze when she's in tropical locations.
- Ginger and Pepto whenever she's above 6,000 feet (to stave off altitude sickness).