

Forbes

Nina Agdal On Staying Chic At The Gym And Getting In Supermodel Shape

If we're being honest, it's about this time of year that our New Year's resolutions start to wane. Truth is, it's cold outside, and your couch can be a lot more tempting than Pilates class. But that's where Nina Agdal comes in. The Danish Victoria's Secret and *Sports Illustrated* model is proof that being disciplined pays off. Need a dose of motivation? She spills her secrets to staying chic while working out, her skincare routine, and her favorite go-to sweat sessions.



On staying motivated when she doesn't feel like exercising...
"I love working out, so it's not often that I have a day where I'm like, 'ugh, I don't want to go' but when I do, I just think about the feeling I have afterwards. Putting on a gym outfit kind of forces you to go. And when you walk into the gym there's mirrors everywhere, and I just love wearing an outfit

that tightens me up. That inspires me to get there and work out even harder.”

On finding chic workout gear... “I think all about how it’s flattering your body, the fit, and what makes you feel good. I love [Vimmia](#) because it’s a very flattering fabric, it’s high quality, and it doesn’t make you leave sweaty from the gym because it absorbs sweat.”

On rocking the athleisure look... “I work out so much but I also have a bunch of stuff to do. I always have castings or meetings, or lunch with my friends or clients. What’s perfect about Vimmia is that it’s the perfect mix between fitness and fashion. So after a workout, I can throw on a new shirt and I’ll be good to go to have lunch with my friends or go to a meeting. I love that it’s very transitional. I love to wear leggings with high boots over them. I do that a lot. I pair a simple pair of leggings, like Vimmia’s Adaigo, and then black high boots with a little heel on them, and you can go to a casting and they won’t even know you were just working out.”

On her speedy beauty routine from gym to casting call... “I apply deodorant, first of all. Second, a little facial wipe, just to clean up my face, and then dry shampoo.”