

Everybody has one. That favorite "go to" item in their closet that carries them through a season. That piece that gets them from the 9-to-5 work day to dinner with friends, or better yet — poolside. Here, four Kit team members share their favorite pieces and how they like to wear them.

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Jays of our lives

Pull together this daytime look for lunch with the girls, a volunteer meeting or a casual work day. Plus, the denim vest, booties and silk bandana are easy transitional pieces. Add them to your everyday fall attire.



Knot your typical dress Great for an evening out, the white denim against the bold red adds

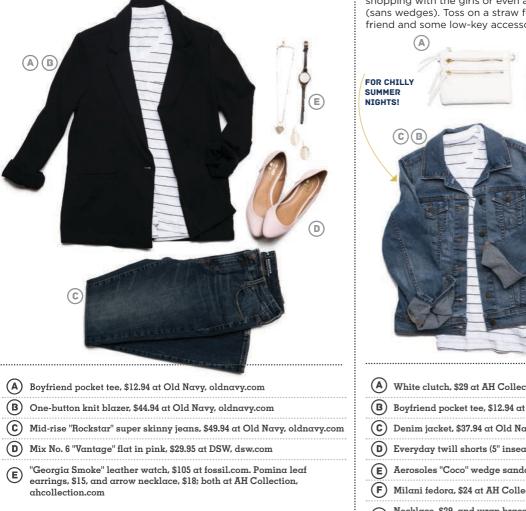
that clean, crisp look that summer demands. "Add a platform sandal and statement necklace, and you're golden," Mackenzie says.



- (A) Denim vest, \$25 at Old Navy, oldnavy.com
- (B) Merona tank dress, \$22 at Target, target.com
- C Panama hat from American Eagle, ae.com
- (D) Coin purse from Anthropologie, anthropologie.com
- (E) Vintage handkerchief scarf from Anthropologie, anthropologie.com
- (F) Booties by Jefferey Campbell, \$200 at Anthropologie, anthropologie.com
- (A) Merona tank dress, \$22 at Target, target.com
- **(B)** Mossimo white jeans, \$30 at Target, target.com
- (C) Bhutan bib necklace, \$39.95 at Anthropologie, anthropologie.com
- **(D)** Merona multi-straw clutch, \$19.99 at Target, target.com
- (E) Mossimo platform sandals, \$25 at Target, target.com

Tee time at the office

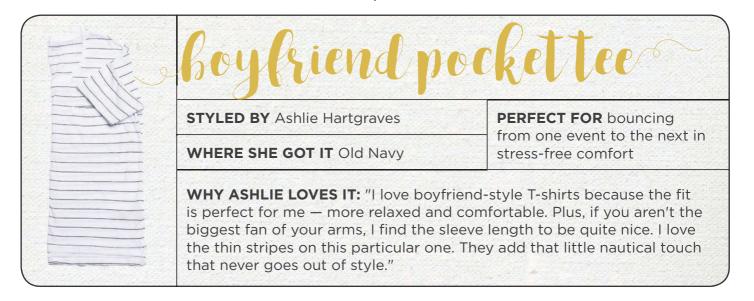
With the workplace leaning more and more casual, this "go to" tee works perfectly paired with classic pieces like a dark jean, demure jewelry and flats. Prepare to be put together and comfortable, even during those marathon meetings.



Summertime to go

"I keep my necessities in a clutch inside a diaper bag — a stylish one, of course — and when I run out solo, it's easy to grab and go," Ashlie says. This busy mother of two little ones extends her easy-breezy style with a summer outfit that's great for a barbecue, errands, shopping with the girls or even an impromptu game of volleyball (sans wedges). Toss on a straw fedora when humidity isn't your friend and some low-key accessories.

| A White clutch, \$29 at AH Collection, ahcollection.com |
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| B Boyfriend pocket tee, \$12.94 at Old Navy, oldnavy.com |
| C Denim jacket, \$37.94 at Old Navy, oldnavy.com |
| D Everyday twill shorts (5" inseam), \$22.94 at Old Navy, oldnavy.com |
| E Aerosoles "Coco" wedge sandal, \$39.95 at DSW, dsw.com |
| F Milani fedora, \$24 at AH Collection, ahcollection.com |
| Necklace, \$29, and wrap bracelet, \$3; both at AH Collection, ahcollection.com |





wide brim boater hat

STYLED BY Chandler Nehrt

WHERE SHE GOT IT Forever 21

PERFECT FOR adding some fun and skimping on the hair product!

WHY CHANDLER LOVES IT: "A straw hat is the perfect outfit-finishing accessory for the warmer months. It instantly gives any look a beachycool vibe, even if there is no ocean in sight. Plus, perfect hair? Don't care. Add a hat and head out the door."

Shrugit off

Reach for this go-to ensemble for a day out with the girls. Off-theshoulder tops show off sun-kissed skin, and the staple straw hat finishes off the look perfectly.



The rad hatter

"When I think of the perfect match to a good summer hat, the first thing that comes to mind is a good summer dress," Chandler says. Topped with the hat, this easy-to-wear dress has that beach vibe we crave this time of year.



"Freedom Island" dress by Billabong, \$55.90 at Maude, shopmaude.com

(A)

- B Sandals, \$14.99 at H&M, hm.com
- C) "Street Level Reversible Tote," \$49.95 at American Eagle, ae.com
- (D) Straw Boater Hat, \$14.90 at Forever 21, forever21.com



There is an enormous difference between Inormal and Inealthy. There is a vast chasm between Inormal and Ioptimal.

This recognition, that normal and optimal are not the same, is one of the fundamental distinctions separating Functional Medicine from Conventional Medicine. Conventional Medicine defines health merely as the absence of disease. Functional Medicine sees it as optimal well-being.

The goal is to feel vital, vibrant, strong, energetic, fit, resilient, emotionally hardy, and so on. Health is defined not as the absence of negative well-being, but instead as something positive.



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chic chambray

STYLED BY Beth Divine

WHERE SHE GOT IT Everlane

PERFECT FOR pairing with vibrant prints, and layering

WHY BETH LOVES IT: "This neutral shirt is a workhorse in your closet. There are so many options for this piece, and many women already own one — either sleeveless or long sleeved. Keep it in your closet through fall and layer it with cardigans, fall prints and other denim. Purchase a chambray shirt in different shades for more versatility."

worktheflare

Dress up your chambray: Button it all the way and set off the neckline with a crystal statement necklace. A bright pleated skirt and pop-of-color orange clutch keep the outfit dynamic. "The linen trilby hat adds another texture that complements the colors and prevents the outfit from looking too sweet," Beth says.



- D Statement necklace at Talbots, talbots.com
- (E) Vaneli sandals at vaneli.com

(F) Leather clutch by Pelletteria Veneta, pelletteriaveneta.com

Tusks in the sun

These bright shorts sizzle against the chambray shirt, bright white denim jacket and pale pink purse. The crystals on the sandals and gold necklace provide a little metal mix to keep the outfit unpredictable. A denim jacket is a light summery addition to many wardrobe looks — a must-have for warmer months and beyond.



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