

profile

Cari Draft | 45 | Spring Lake

Personal: Ultra-busy personal fitness trainer; owner & founder of EcoTrek Fitness, with outdoor workouts all over West Michigan. Married with one son. I try to ride my motorcycle as much as possible, and that requires heavy-duty planning (and packing) when it comes to fashion and being "appropriately dressed" everywhere I go.

What types of clothes do you wear the most?

I change my clothes two or three times each day, alternating between my fitness sessions with clients, marketing or committee meetings, school functions and athletic events. During the week, I'm wearing mostly workout clothes along with "business casual" — sometimes a mix of both! On weekends, I like my denim skirts, bare legs and knee boots the best.

Most useful wardrobe item and why: My comfy, black, low-rise workout skirt! The shorts underneath keep me modest when I'm working out with tennies, but then the skirt part transitions well when I head to a meeting just by adding a vest, boots and scarf.

Fashion fetish: At first, I was going to say my shoe collection, but almost everyone has that fetish! I'm really into hats and often use my longer hair as an accessory, too. I also collect small vintage purses and I wear way more boots and unique coats than any girl should have.

Fashion tip: Wear clothes that fit and wear them confidently! It may be hard to let go of some of your old clothes that don't fit right anymore, but they're not doing your body justice. I especially enjoy seeing my fitness clients proudly sporting new outfits once they've reached their goal weight.

Best-ever fashion find: My custom-made black leather jacket and chaps from a leather shop in Grand Rapids. It's hard to find pants with a 35-inch or 36-inch inseam to accommodate my freakishly long legs and a lined leather jacket with sleeves long enough for my monkey arms. I couldn't resist having the fringe added to both, to match my hippie-girl motorcycle!

Worst-ever fashion experience: We had just arrived at a Griffins hockey game, and I was wearing my favorite red leather boots with the pencil-thin five-inch heels. There was a small gap in the brick walkway on the way into the arena, and one of my skinny boot heels stuck in the gap and broke off at the top. I duct-taped it that night (thanks, maintenance department!), but those boots are still tucked away in the back of my closet until I can find a shoe-repair person who can work some serious magic!



PHOTO BY RAE JEAN ERICKSON

Best fashion advice you ever read or received: Many years ago, a fitness client told me that if she had my body, she'd be walking around in a swimsuit every day and that's what I should do! I didn't quite take it that far, but it's true that I work out hard, so I like to wear more fitted clothing. Why keep the rewards all covered under baggy clothes, right?

What celebrity best exemplifies your style, if any: I love it when people tell me I look or act like Cindy Crawford! Her life mirrors mine — down-to-earth supermom who started modeling when she was a teen, has always been fitness-oriented and evolved into a successful entrepreneur. (OK, we're the same except she's way more rich and famous than me, ha!) She always looks classy and carries herself confidently.

I feel best wearing my: Bright white stocking cap that my late Grandma Draft knitted for me. It's not just sentimental and functional, it's cozy and great to pull on when I'm in a ponytail mood. My mom knitted these trendy little fingerless mittens this season, too. Pretty hip!