

Wellness Topic

Exercise Attire

Think Comfortable - Shorts, tee shirts, yoga pants. Wear whatever feels most comfortable to you.

Protect yourself

Wear light-colored clothes, a hat, plenty of sunscreen and sunglasses if you're exercising outdoors. You may also want to invest in clothes made of special wicking material such as DriFit. You do not need fancy fabrics, but it does make workouts more comfortable.

Wear the right shoes for your activity

- For weight training and low impact activities consider a cross-training, running, or walking shoe.
- For running, consider a running shoe with good support.
- If you are participating in a sport such as football, basketball, or soccer, you will want to get a sport-specific shoe so you are better protected.

Be Safe

- Make sure you have the correct reflective gear if you are running or biking at night.

Choose clothes to fit your activity

- If you are walking or running, a simple tee shirt and comfortable shorts will do.
- If you are doing yoga or Pilates, you may want to choose more fitted clothing so you can move freely but stay covered.