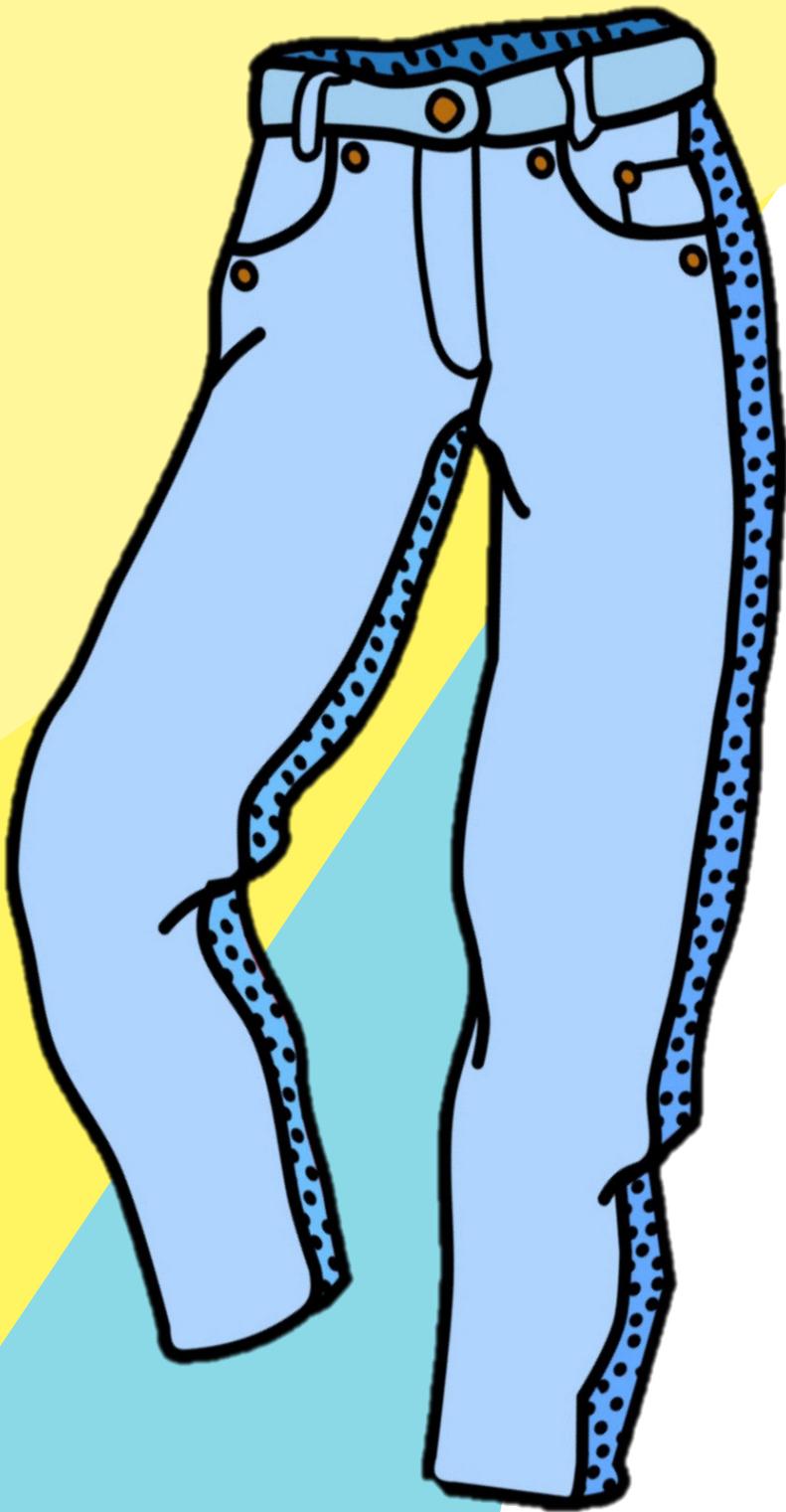


Ditch Denim in the Gym



Denim and Cotton are Great at Absorbing Sweat

Ditch denim and make the switch to sweat wicking fabrics like spandex, bamboo, poly-blends, and wool.

Baggy Jeans get in the Way of Your Workout

Avoid the risk of tripping and getting tangled up in a machine by ditching denim and choosing workout wear that fits closer to the body or shorts.

Grommets, Rivets, and Zippers - Oh, My!

The heavy metals on your jeans can ruin machinery, but can cause injury to yourself while working out. Switch out metals and choose workout wear with smooth seams and elastic to remove the need for closures.

Tight Jeans can Restrict Bloodflow

Restricted bloodflow can encourage pressure sores. Ditch constricting jeans for something that allows you to enjoy the freedom of movement

Fitness is Fashionable

.....What do you wear while working out?

Get Moving!

While being active, wear clothes that give you freedom of movement. Wear clothes that are supportive, but not constricting. Baggy and oversized clothes can get in the way of your workout. If you are working with a personal trainer, wear clothing that allows them to see your form and posture during an activity.

Make the Switch!

It may be tempting to grab an oversized cotton shirt for working out, but did you know that cotton is great at absorbing sweat and promoting the growth of bacteria? Pick out pieces that are made of moisture-wicking fabrics like spandex, polyester, bamboo, and wool.

Bling!

Before you begin working out remove all jewelry. Necklaces and chains run the risk of getting caught and tangled in machinery, while rings can cut off circulation under pressure.

Layers!

For outdoor workouts, dress in layers to help control your body heat. As you progress through your activity, remove or add layers depending on the weather.

Cool Colors!

Did you know the color of your clothes can play a role in how hot or cold you feel? Whites and light colors reflect the sun and keep you cooler, while blacks and darker colors absorb heat keeping you warm.

Being Active Outside