

# DRESS FOR WORKOUT SUCCESS

Sometimes the right gear can make or break your sweat sesh. With a few simple tweaks, you can get your wardrobe workout-ready in no time.

## STAY WELL-HEELED

- Get fitted by a professional at an athletic store.
- Give your feet room to swell with a slightly larger size than you'd typically wear.
- Choose a shoe based on comfort, not on its construction.
- Replace your shoes when they no longer feel supportive.

## BE SEEN

- Wear lighter colors to stay visible at dawn and dusk.
- Use reflective clothing, tape and vests.
- Attach LED lights or reflectors to your shoes.

## SUPPORT YOURSELF

- Invest in a sports bra that's supportive but not too tight.
- Men need support too! Spring for some breathable athletic underwear.

## WEATHER UP

- Choose moisture-wicking fabrics instead of cotton.
- When it's cold, dress in layers.
- Invest in a lightweight rain jacket with air vents.
- Wear hats, scarves and gloves to keep warmth in.

## PROTECT YOUR SKIN

- Avoid blisters with double-layered athletic socks.
- Wear thin liners with flat seams to reduce chafing.
- Look for UV-blocking clothing, hats and sunglasses.



EAT SMART ADD COLOR MOVE MORE BE WELL

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