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**Weekly Fit Tip**

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**HOT COUTURE**  
***Creating Your Workout Wardrobe***

If putting on a favorite outfit adds a little spring to our step, why do we settle for stained sweat pants and grimy t-shirts at the gym - the place we need a boost of energy most? It isn't just our psyche that needs support, poor workout wardrobe choices like blister-prone shoes and skin-chafing cotton also make couch time more appealing than treadmill time.

New technology and sophisticated fabrics are delivering style and function to keep us comfortable for all levels of exercise. The experts at [Life Fitness](#) compiled this workout wardrobe checklist to get the shopping started:

- **Keep moisture away:** An oversized cotton t-shirt is a sponge, so opt for moisture wicking apparel that moves perspiration away from skin to the outside of the garment for rapid evaporation. This keeps skin dry and defends against chafing and discomfort. Just don't forget your feet. Synthetic fibers such as acrylic and polyester keep moisture at bay and prevent blisters.
- **Shoe smarts:** Not all shoes are made alike, so don't choose by brand or style alone. Instead, make choices based on the exercise you'll do most frequently. The [American Council on Exercise](#) recommends walking and rotating ankles when you shop to feel for rubbing and pinching that can cause blisters. Also keep in mind that feet expand throughout the day, so get fitted later for all-day comfort.
- **Pay attention to fit:** Loose-fitting tops and shorts are ill suited for yoga moves just like baggy sweatpants aren't the wisest choice for pedaling on an exercise bike. Seek out more body-conforming apparel for your workout wardrobe like athletic socks that don't bunch up inside shoes and leg-shaping shorts and pants that stay put. A snug sports bra is an essential for ladies and all exercisers can benefit from pants and shorts with built-in panels to avoid non-breathable cotton underwear.
- **Quality deserves care:** To keep your workout wardrobe in good condition, don't let it fester in your gym bag. Wash clothing according to the manufacturer's directions shortly after use and hang dry the synthetic fabrics. Preserve your feet by using workout shoes for exercise only and replacing them every 500 miles or six to 12 months. Keep your old pair handy for cleaning and running errands.

*Fit Tips are provided by Life Fitness, the leader in designing and manufacturing high-quality exercise equipment for fitness facilities and homes worldwide. For more information on Fit Tips and other fitness advice and expertise visit [www.lifefitness.com](http://www.lifefitness.com) or follow us on Twitter at [www.twitter.com/LifeFitness](http://www.twitter.com/LifeFitness).*

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