

Workout wear 101

Wearing the right gear when you exercise can make a big difference. Clothes that are uncomfortable might stop you from finishing your workout. But clothes that feel great may keep you moving longer!

Choose moisture-wicking shirts and shorts.

Cotton can absorb sweat, leaving you feeling wet and weighed down.



Socks that shift can cause blisters. Cotton socks can also cause chafing and discomfort.

Invest in well-fitted workout socks.

As you exercise, your feet may swell. Make sure your shoes have enough room for your feet.



Don't buy tight shoes.



Source: American Heart Association