

# 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.**



Invest in well-fitted workout socks.

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



**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