

Stress-Free Workout Wear for Women

by Pamela Fay

Getting dressed for a workout should not be stressful. How difficult can it be to look good at the gym? But, if the thought of wearing skin-tight Lycra shorts and a midriff revealing top makes you want to sink deeper into the sofa with a bag of cheese doodles, you are not alone. Some clothes simply accentuate the negatives of any body. But you don't have to wear those clothes. There are better options for females that leave you cool, stylish and able to exercise in comfort.

Material Matters

Modern workout fabrics are synthetic blends that wick moisture away from the body. Look at the label to be sure. The best workout clothes have a little Lycra (no more than 5%) for shape retention. A bit of Lycra also smoothes over the bumps you would rather not highlight. You do not have to spend a lot of money to get good clothes. You'll pay a large premium for celebrity endorsed workout gear. Forego the brand names or look for sales.

Leggy Looks for the Bottom

When it comes to workout bottoms, choices abound. You can wear shorts, pants or a skirt. It doesn't really matter. Pick what most suits your body and offers the coverage you prefer. If you have long, toned legs, go for the short shorts. Most females, however, will choose mid-length shorts or long pants. Crop pants or capri-length are fine if you prefer more coverage than shorts offer. However, select Capri styles that hug the leg or are straight throughout the leg rather than those that flare. A flare at the knee shortens the line of the leg, adding width to your hips. Unless you are very slender, go for pants that follow the line of the hip and then fall straight without tapering. A slight flare over the shoe works for most body types. Also, look for a deep yoke on pants to minimize the derriere. There are also cute workout skirts. These skirts feature a built in short for modesty. If you're a skirt kind of girl, you'll feel very chic during your workout.

Fitted Tops

Sure, you can workout wearing only a sports bra. The good news, however, is that very few females bare all these days. And, even if you have the abdominal muscles for it, why wear just a bra when there are so many more comfortable options to choose from? A workout tank or shirt keeps you dry and covered, protecting your skin from all those bacteria-laden surfaces in the gym. No matter how you feel about your shape, you will look best in a more fitted top. Avoid oversized and shapeless cotton t-shirts. The most uniformly flattering neckline is a v-neck. Do not don a crew neck if you have a large chest. You will look top heavy. Vertical seams in the torso of the top will define your waist. Look for side inserts in dark colors. Layer your top over a supportive sports bra. You will look amazingly svelte.

Supportive Footwear

Workout shoes are largely a matter of preference. Select a good quality cross trainer that offers good cushioning and shock absorption. If you will be running, purchase a shoe

specifically made for running. Try on many different pairs to determine which ones fit best. Not every shoe works for every foot so don't be discouraged if you cannot get your high-arched, narrow heeled foot in a pair of Pumas. You can test the stability of the shoe by holding it at both ends and bending it. It should bend behind where the ball of the foot would be. Also, squeeze the stiff cup that surrounds the heel of the shoe. It should not give. Then, pick a color that makes you smile. Now, pull your hair into a high pony tail... and strut your stuff at the gym.

References

“The Best Athletic Shoes for Your Workout”; Diana Rodriguez