

Proper Fitness Shoes & Clothes

When exercising, what you wear can be just as important as what you do. Having the right footwear and clothing for your activity can give you both comfort and safety.

Thinking about where and how you exercise can help you choose the best clothing and shoes for your workouts. You can find many of the items you need at your local sporting goods and department stores.

It's good to try several items on to make sure you have the proper fit. Here are a few things to keep in mind as you shop.

SHOES: The right shoes can make all the difference between feeling refreshed and having aching feet after your workout.



- Choose shoes that are made for the type of physical activity you want to do, i.e. running, walking, hiking.
- Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that's not too high or too thick.
- Even adults, foot size can change, so get fitted every year.
- Socks also come in quick-drying fabrics that absorb sweat. They can help you stay cool and dry, and avoid blisters. Choose socks made with a polyester blend or other special fabric.
- Check your shoes regularly and replace them when they're worn out. You need new shoes when:
 - The tread is worn out
 - Your feet feel tired after activity
 - Your shins, knees, or hips hurt after activity



ACTIVE WEAR: You can enjoy longer workouts and avoid overheating or getting too cold by choosing the right clothing.



- Choose clothes that work with your activity.
- In general, make sure your clothing does not get in the way of your activity. You want to be able to move easily.
- Clothing should not catch on equipment or slow you down.
- To help you stay comfortable and dry, choose fabrics that pull sweat away from your skin and dry quickly.
- It is best to avoid cotton. Cotton absorbs sweat and does not dry quickly.
- **In cold weather**, wear layers, such as a jacket or top over a t-shirt, so you can take off layers as you warm up.
- Wear clothes that let air circulate and moisture evaporate.

