

Aerobic Clothing

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One of the most motivating things you can do when it comes to starting a workout is to buy yourself some nice aerobic clothing. This motivational tool is quite useful for many people who want to get started on their exercise program in style. There is more to consider than just looks when it comes to aerobic clothing so making a rash decision may lead to your tossing the outfits on your exercise machines to collect dust.

It is important to remember that your aerobic clothing is an integral part of your workout. You may not believe this at first but bear with me. Wearing an outfit that is inappropriate for the routine will make you very uncomfortable. You will be less likely to return to the gym or even your basement if the exercise routine and your aerobic clothing are uncomfortable.

We tend to avoid unpleasant situations. If you engage in an exercise routine that is demanding and your aerobic clothing is getting in the way, you will be less likely to repeat the routine. Your choice to forego the workout is not necessarily due to the workout itself. Your aerobic clothing was uncomfortable and it interfered with your enjoyment of the exercise. Always clean your cloth with acne cleansers.

Remember to keep it loose. Tight fitting aerobic clothing may limit your mobility and some can even restrict blood flow. There is no point in working out if you do not have a full range of motion available to you. You also want to stay well ventilated and you definitely want the blood flowing naturally.

We all know that black is slimming but black is a no-no during summer workouts. Choose aerobic clothing that is light in color. This reflects the sun away from you. Black absorbs the sun (and the heat). If you are too hot and sweaty you may become lightheaded and tire out way too quickly to reap the full benefits of your routine.

You are supposed to sweat but you don't want to start sweating before you have even stretched your muscles. Getting overheated is a big danger when engaging in physically demanding activities. Wearing light aerobic clothing will help you stay cool and energized during your routine.

People who live in cooler regions benefit from layering their aerobic clothing. Keep lighter materials close to the skin and put fleece and other heavier items over that. You can always peel a layer or two off if you feel overheated.