

## What's In Your Gym Bag? - Gym Wear 101



You've resolved to get to the gym this year, but you don't know what to wear. You need to look good, and still be comfortable.

At Stilista, we appreciate how difficult dressing for the gym can be. It's tempting to throw-on baggy pajamas, however, that won't be your smartest choice. Not only will you feel frumpy and less motivated, baggy clothing can also be dangerous around heavy equipment.

What's worse than clothing that is too big? Clothing that is too small! While at the gym, you are basically on display. If your clothes do not compliment your body, you will feel uncomfortable while working out. They may even chafe your skin, or cause rashes. Many real-world fashion rules can be applied to gym wear. Dark solids will make you slimmer. A well placed vertical stripe can lengthen legs and torso, while horizontal stripes will always make you wider.

Choose separates that you can easily mix-and-match. To avoid looking flashing, pair only 2 or 3 colors together. Skip bold patterns, and unless you've recently signed with an athletic company, stay clear of large brand logos. A plain white shirt may seem like a simple solution, but actually may not be the wisest choice. Your deodorant will quickly stain the armpits an ugly yellow. As you sweat, your wet shirt will become transparent, and may be unflattering. Also, white does not radiate heat as

easily, making it more difficult to stay cool. Like your body, your workout clothes will take a beating.

Tough fabrics are essential. For a comfortable and form-fitted style, choose mostly cotton blends with nylon, spandex, polyester, or other micro fibers. This will allow sweat to be wicked away, and help you remain cool. When gently washed and hung to dry, these fabrics can withstand many cleanings.

We know it's most important that you feel good. When you look into the mirror, your outfit should make you confident, and push you to work harder. Once you've conquered the what-to-wear battle, you can fully focus on that intense workout.

Need more help? Our stylist will be happy to accompany you on your next shopping mission. For more information, or to book your next appointment: visit [www.stilistaboston.com](http://www.stilistaboston.com), or call us at **617.78.STYLE**