



Spandex, nylon, and polyester; and if you're into trendy workout outfits, then Urban truth and Westecs have fun tops, tee-shirts sweatshirts in bright colours and asymmetrical cuts. A whole section in Mustafa Mart in Bashundhara shopping mall is dedicated to work-out clothes and shoes and even includes equipment.

Brands like Nike, Lotto, Power and Adidas make professional athletic footwear. You can get them in your nearest Bata or Apex stores. Meanwhile, Elephant Road has a number of shops which sell affordable running shoes.

Other places where you might find both workout outfits and shoes are New Market and Gulshan DCC. The variety of collection caters to different choices of different people.

WHAT NOT TO WEAR

The first thing to keep in mind while shopping for work-out outfits is that the fabric is breathable, light and provides suitable support. Even though cotton is an amazing comfort fabric, opting for 100 percent cotton for high intensity workouts can be a bad idea as cotton clothes stick to your body as soon as you start sweating which in turn bogs you down. Alternatively synthetics, lightweight linen and poly-blends are super absorbent and quickly helps dry your sweat.

Again don't wear clothes that are too tight because it will become very hard for you to move in them. The same goes with warm clothes worn for workout during winter. It is always advisable to wear layered clothing that can be taken off once you start to break a sweat.

Shoes are essential parts of the work-out attire. If you choose to wear shoes with worn out soles and holes on the toes, it will not only impede your speed

but also hurt your feet. When doing leg work, the lack of proper support underneath your feet might hurt the joints or cause muscle spasm. So it is smarter to just invest in a pair of quality running shoes. And a quality running shoe is light,

Lastly try not to accessorise much while workouts. Earrings, bracelets or necklaces can be a great impediment as often times they get stuck to the mat or to your own clothes.

So if you're a newbie flailing around at



flexible and fortified to offer stability, support and underfoot protection. Sneakers and ballet shoes are unfit for high intensity exercises as they are merely abrasion resistant and might tear easily when put too much pressure on the feet.

the gym and don't know what to do, remind yourself that at least you look on point doing it!

By Mormee Mahtab
Photo: Collected



ACTIVATE[^] SCALP'S NATURAL PROTECTION LAYER
DANDRUFF-PROOF^{*} YOURSELF

BEST EVER
CLEAR



CLEAR
NOTHING TO HIDE

Paolla Oliveira
PAOLLA OLIVEIRA

* Resistance from root cause of dandruff with regular product use, no visible flakes. [^]Helps restore the function of scalp skin barrier. New formulation from Clear.