

THE DO'S AND DON'TS OF ATHLEISURE WEAR —

Mix and match between your workout and regular wear pieces

Avoid the matchy-matchy or monotoned look.

Either the top or bottom should be the only statement piece

Experiment by mixing or layering pieces

Make sure your active wear is weather friendly

Keep all your athleisure pieces clean

Do not forget to accessorise

Either do prints or bright colours, not both

Your comfiest joggers will look great with a pair of sleek heels

Photo: Sazzad Ibne Sayed

Styling: Sonia Yeasmin Isha

Model: Efa, Rabbi

Wardrobe: Puma Bangladesh

Location: Puma Bangladesh Store

