

#FASHION & BEAUTY

GET YOUR BODY MOVING

Athleisure at its best!

Everyday style has long since been dominated by athleisure — a great combination of casual clothes designed to be worn for working out as well as everyday life. Gone are the days of strict dress codes and rules.

In 2025, it's all about multitasking! And why not? Life has become faster-paced than ever before. Everyone has their plates full, and fitness is no longer just a pastime but an integral part of one's lifestyle.

Want to stay at the top of your game? Being active is the only way to go. In a day packed with back-to-back meetings, Zoom calls, and what have you, squeezing in a workout is a challenge but not an impossibility. And this is where athleisure comes into play. A transitional style that is perfect for work as well as working out, this is the upgrade your wardrobe has been waiting for!

Working out means burning calories and a lot of sweating! So light, sweat-wicking workout clothes are a must to stay dry while exercising, not to mention staying fresh!

Choosing the right clothes for a workout is crucial,

and many homegrown brands now offer incredible active wear, both in terms of quality and performance. What's even more impressive is that they are very stylish and affordable, too! So, those of you who drop big money on imported active gear must know that Bangladeshi garments produce exercise clothes for the majority of the world's big brands, and you are just paying a premium for it.

Local brands have great quality fabrics; there is something for everyone at every price point. Basic blacks and blues are not the only options for men — T-shirts, sweatpants and other items in latest designs are readily accessible from local brands. A quick search online will reveal a wealth of styles, and one needs to find his/her favourite. And women are truly indulged in this regard! Stylish colours, bold designs, and patterns galore with fun shapes and the latest styles.

From sports bras to sweatpants to performance gear that is specifically designed for particular activities, one is truly spoilt for choice when shopping for active gear locally. A bright pink or teal set will look fabulous as you are running on the treadmill, and a latte sweatsuit with chocolate brown sweatpants will look chic when on the Peloton. Printed tanks with solid tights will look fabulous for pilates, and a sunny orange set will add extra oomph to your hot cycling session!

Following COVID, when working from home became the norm, the line between workwear and casual wear became blurry, non-existent even. Having attended Zoom meetings and calls all day in a hybrid of formal top and casual bottoms, everyone everywhere was left confused about what's next in fashion.

Athleisure stepped in to bridge this awkward gap with its style and flair. Loungewear became the new necessity; a sweatshirt with stylish sweatpants paired with chic and comfortable sneakers is a perfectly acceptable choice of outfit, and this will see you through from day to night.

In 2025, athleisure has been elevated, and how! A pair of sweatpants can be dressed up with a chic striped or solid white shirt, a smart jacket, a nice pair of heels and a purse. Alternatively, dress them down with a basic T-shirt, sneakers, ponytail, and a cap as a cherry on top! A chic sweatshirt is a great investment for all intents and purposes. It can again be dressed up or down depending on one's mood. Colours like cherry, mocha, sage and smoke are very trendy, very on point when doing athleisure; the cooler the tone, the better.

Channelling '90s minimalist vibes is the key. When comfort and cool go hand in hand, the result will always be chic and classy!

By Sabrina N Bhuiyan
Photo: Adnan Rahman
Model: Joly, Emon
Styling & Fashion
Direction: Sonia Yeasmin
Isha
Wardrobe: Turaag
Active
Makeup: Sumon
Rahat
Hairstyle:
Probina
Studio: EVF