



American Heart Association

Healthy for Good™

# DRESS FOR WORKOUT SUCCESS

Sometimes the right gear can make or break your sweat sesh. With a few simple tweaks, you can get your wardrobe workout-ready in no time.



## Stay Well-Heeled

- Get fitted by a professional in at athletic store.
- Give your feet room to swell with a slightly larger size than you'd typically wear.
- Choose a shoe based on comfort, not on construction.
- Replace your shoes when they no longer feel comfortable.



## Support Yourself

- Invest in a sports bra that is supportive but not too tight.
- Men need support too! Sprint for some breathable athletic underwear.



## Be Seen

- Wear lighter colors to be seen at dusk and dawn.
- Use reflective clothing, tape and vests.
- Attach LED lights or reflectors to your shoes.



## Weather Up

- Choose moisture-wicking fabrics instead of cotton.
- When its cold, dress in layers.
- Invest in a lightweight rain jacket with air vents.
- Wear hats, scarves, and gloves to keep warmth in.



## Protect your Skin

- Avoid blisters with double-layered athletic socks.
- Wear thin layers with flat seams to reduce chafing.
- Look for UV-blocking clothing, hats and sunglasses.

EAT SMART MOVE MORE BE WELL

Learn more at: [heart.org/healthyforgood](https://heart.org/healthyforgood)

