



How to choose sportswear?

If you want to choose the right sportswear you need to consider what kind of sports or exercises you want to do. For doing sports you also need to wear the clothes respectively to the conditions. For example when it's cold you usually should wear more clothes than when it's hot.

Shoes

Wearing the



FOR
EVERYDAY WEAR



FOR
FITNESS



FOR
TRACK & FIELD



FOR
RUNNING



FOR
TRAILRUNNING

athletic shoes for

Tips for Finding the Right Athletic



Shorts/Pant

The main types of workout pants are:

- 1. Sweats**
- 2. Joggers**
- 3. Yoga Leggings**
- 4. Loose-fit yoga pants**
- 5. Running pants or tights**
- 6. Compression leggings**



Sweats

Sweatpants are fantastic, versatile garments.

They can take you from the workout machines to the trails for a nice jog.

They're loose enough to offer flexibility, but they're snug enough so they don't flap everywhere while running.



Jogger

Joggers are a lot like sweats, so much so that many people don't know the difference between the two.

The difference is that joggers are lightweight, and they're rarely made of cotton.



Leggings or Tights

Style

The “leggings” style yoga pants are usually tailored for women, where men wear tights in the same style.

This style of pants is tight but flexible.



Running

~~Pants/Tights~~

While you can run in sweats and joggers, running pants are tighter so they offer less potential chafing, and there's less loose material to snag on your surroundings.



Compression Leggings

Compression leggings are often made to be worn under shorts or looser workout pants.



Running shorts

Running shorts are made from lightweight synthetic materials and often have specific design features, like hidden key pockets in the waistband and built-in liners that optimize their functionality and breathability.



Workout Pants Materials

Some workout pants materials are more desirable than others, but they all have their benefits.

Nylon

Spandex/Lycra

Nylon is one of the best materials for use in workout clothing.

Spandex is another excellently flexible material, and it wicks moisture well, too.

Polypropylene & Polyester

Polypropylene and polyester are similar synthetic materials.

Cotton

Cotton is the perfect fabric to choose if you want to reduce odor, according to this study.

Bamboo

Bamboo is an excellent alternative to cotton.

Wool

I know what you're thinking — wool workout pants?!

Shirts

Tops

Tops can get tricky, as some people wear them out as regular shirts, but there's still a limit as to how many workout tops you should own. A maximum of five should do the job, and alternate between sleeveless, short, and long-sleeve to hit all your workout needs.



The Best Materials to Make a Good-Quality Custom T-Shirt:

- 1. Cotton**
- 2. Polyester**
- 3. Poly-Cotton Blend**
- 4. Linen**
- 5. Tri-Blends**

Should You Choose Natural or Synthetic Fabrics?

Natural fabrics have always been a popular choice of fabric for t-shirt printing online. The fibres are extracted from natural sources and then woven into a textile.

The Power of Photography

25.03. - 01.04.2022

Wierzchosławice/Tarnów

- 1) Stowarzyszenie Inicjatyw Kulturalno-Młodzieżowych ART (Polska)
- 2) Histerico - Associacao de Artes (Portugalia)
- 3) Connected for Future (Bułgaria)
- 4) Youth for Experience - Slovakia (YES) (Słowacja)
- 5) Young Leaders CZ z.s (Republika Czeska)
- 6) ASOCIATIA SUPER TINERI (ASIRYS) (Rumunia)
- 7) Asociacija Tavo Europa (Litwa)



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