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What Gym Clothing to Wear at Gym by [Julia Roger](#)

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One needs not to feel self-conscious about clothing in gym sessions. You need not to spend time on your hairstyle but your gym clothing is something to look out for. It is time to make a change and get that perfect physique that you would like to have this year. We are going to discuss some important tips for choosing yoga clothes and regular gym clothes for you.

The first thing to consider is that you should be able to move comfortably and loose-fitting gym clothing would allow cooler air to circulate around your skin during work out. Avoid synthetic fabrics, as they do not breathe as well as cotton or special high-tech fabrics designed for gym. You should be capable of moving your hands easily and make a variety of movements.

Generally, gym clothing should not be too stylish and you should feel good while wearing them. It is helpful to wear flattering clothes as they allow you to look sleeker and helps you in gaining motivation for your workout. Moreover, one would never like to waste time while adjusting drooping shorts or lagging t-shirt while working out.

Another important thing is to consider the color of your gym clothing. It is best to stick to dark clothes, as they do not show the marks, sweat as much as lighter clothes, or grey shades do. However, if you are planning to work outside or running under the sun, lighter colors will be best as they do not absorb heat like the darker ones. Shorts are preferred as yoga clothes or gym purposes because your legs will feel unrestricted in them. Best size is the one that is 1 inch above your knee and has loose fitting. Just keep one thing in mind that if you are not planning to wear it in the grocery store then do not wear it in gym.

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