



# Get Fit – Stay Fit

## *The Right Fabric & The Right Fit for Every Season*

### The Right Fabric

- **Wicking:** Synthetic fabric that cools by “wicking” away sweat from your skin
  - *Coolmax:* Polyester fabric that cools in hot weather and warms in cold weather
  - *Supplex:* Waterproof, nylon fabric offering sun and antimicrobial protection
- **Cotton:** Nature’s most breathable fabric is hypoallergenic and offers sun protection
- Avoid rubber or plastic-based attire!

### The Right Fit

- Choose loose and comfortable clothing
- Avoid wide-leg pants when running and biking
- Wear stretchy and fitted clothing for yoga or Pilates

### For Every Season

- *Hot Weather:* Cool and breathable clothing
- *Cold Weather:* Sweat-wicking fabrics for inner layer and insulating layer on top  
Cover your hands, head and ears
- *Wet and windy:* Wear an outer layer for protection against the elements

For more information, visit: About Fabrics. (2001, 2002). Retrieved September 6, 2011, from [http://www.sunprotectivefabrics.com/about\\_fabrics.htm](http://www.sunprotectivefabrics.com/about_fabrics.htm) and Choosing the Right Workout Clothes. (2011). Retrieved September 6, 2011, from <http://www.everydayhealth.com/fitness/choosing-workout-clothes.aspx>

