



Learn 7 Reasons Why What You Wear in the Gym Matters

Description

Do you prioritize fashion or comfort when it comes to workout clothes? Many of us fall somewhere in between. We may have spent money on compression tights supposed to wick sweat and help recovery, but we're wearing an old, oversized cotton t-shirt on top. So, does it make a difference what you wear to the gym?

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According to the study, there is a strong association between what we wear and how we perform, our motivation levels, and even our risk of injury.

To explain further, Nick Harris, a top human performance expert who founded HPE Activewear, offers his expert advice on how what we wear to exercise might affect our workout:

It is capable of preventing injury.

“When you are an ardent exerciser, it is critical to wear appropriate clothing. Many sports injuries arise as a result of inadequate equipment, particularly clothing. “I’d recommend investing in good quality

compression wear, as this type of kit increases circulation and blood flow to the heart, delivering much-needed oxygen to working muscles, reducing fatigue and soreness by managing lactic acid accumulation, and helping to improve power, endurance, and resiliency.”

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You will not feel constrained.

“Lightweight fabrics and well-designed active clothing should feel like a second skin, allowing you to move freely while training.” Exercising in complete comfort allows you to focus entirely on the task at hand and work out to the best of your ability. Choosing apparel that allows for the complete range of motion is critical, so when shopping for exercise gear, pay special attention to the design and tailoring, aiming for seamless gear that won’t scratch or touch your skin.”

It regulates and regulates the body’s temperature.

“A hard workout at the gym will make you glad you didn’t wear that old cotton top because cotton absorbs perspiration and holds moisture, leaving you feeling damp and heavy.” Instead, choose light, breathable, and sweat-wicking textiles that will whisk moisture away from your body, leaving you dry and comfortable. Intelligent materials, such as XT Air or XT Air ICE, will also aid to control and maintain your body temperature, allowing you to perform at your best while remaining comfortable.”

It can boost performance.

“You’ve probably heard the expression ‘dress for success,’ and that may apply to what you wear to the gym. High-quality, clever textiles interact with the body to accelerate performance while withstanding the rigors of rigorous training to keep you at your peak. When it comes to enhanced performance, comfort is essential once again. It would help if you chose exercise attire specifically tailored for your activity. If you’re prone to sweating, search for sweat-wicking fabrics that transport moisture away from the body, as well as FRESH FIT technology, which includes silver ions to fight bacterial buildup and keep you feeling fresh.”

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It can increase self-esteem.

“Clothing may be empowering in everyday life as well as when it comes to working out, contributing to our confidence and improving self-esteem.” Indeed, a psychological phenomenon is known as “enclothed cognition,” which shows that a person’s clothing might cause mental alterations that improve their performance and confidence level. In a nutshell, looking good makes you feel more confident; therefore, investing in gym gear that makes you look the part will help you feel better in the gym and genuinely conquer a workout.”

It is harmful to your skin.

“Low-quality and frequently low-cost activity gear might contain textiles that irritate the skin, causing rashes and itching during a workout.” Exercise increases blood flow to your skin, which can cause itching. In addition, sweat, dehydration, tight clothing that inhibits your skin from breathing, and washing your training clothes with harsh detergents can all contribute to skin problems. Intense exercise can also induce sweat gland obstruction, resulting in an unpleasant heat rash, so wear light, breathable fabrics that keep your skin cool.”

It may inspire you.

“There is nothing that inspires you to go to the gym more than new equipment.” You’ll not only feel better, but you’ll also look better, which is important when mirrors in the gym surround you. Unfortunately, buying new gym attire can be costly every time you hit a training rut. To tackle this, we’ve developed a new quarterly subscription box service that will assist consumers in curating a selection of HPE Activewear’s luxury, highly technical workout clothes. This new service will also provide clients with considerable savings on our best-selling goods and fabric innovations, with the ‘make your own box’ option allowing you to select from a wide selection of color and design options to suit your preferred workout and lifestyle.”

Category

1. Lifestyle

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