

GEAR UP for Exercise

Working out doesn't have to be expensive. Skip the fancy workout equipment and apparel to get back to the basics. Here are a few workout essentials to check off your list.



SUIT UP

SHOES

Overall, good workout shoes should have:

- A roomy toe box
- Cushioned arches that are not too high or thick
- Sufficient heel support



Tip: You may need to replace your shoes if the treads are worn out, your knees, shins and hips hurt after exercising, or your feet feel tired after exercising.



SOCKS

Wear socks that are made with quick-drying fabrics, such as a polyester blend.

ACTIVWEAR

Wear comfortable clothes based on your activity. Look for:

- Clothing with a sun protection factor to block out the sun's rays
- Fabrics that keep sweat off your skin, such as quick-drying polyester or polypropylene
- Long sleeves and long pants for walks or hikes to prevent insect bites. You can also purchase clothing pre-treated with insect repellent.



BRING ALONG

Consider taking some of these items with you before heading out:

- Exercise mat
- Safety equipment, such as a bicycle helmet or reflective belt
- Smartphone and earbuds



Tip: If music gets boring during your daily workout, try downloading a podcast or audiobook.



REPLENISH

Stay nourished and hydrated before, during and after a workout. Refresh your energy levels with:

- Carbohydrate-rich snacks, such as raisins or a banana
- A protein bar to refuel after exercise
- Sports drinks for high-intensity exercise
- Water