**Best Athletic and Work-out Socks for Women**

Athletics and work-outs are energy-intensive and test out the body's limits. With such advancement in science and technology, we have come a far way, to optimize our gear and to minimize the damage and injury that could have happened otherwise.

Socks are in no way different. They are used in sports for more than just fashion and looks. They serve a real purpose here and make sure your feet stay just fine.

Athletic socks for women protect them when there's a chance of shoe bites and cuts because of intense pressure on the feet.

Socks keep your feet under check, which are the pivots on which you perform whatever sport it is that you're into. To help you with better performance or a healthier one you need the perfect socks, that match your sport as well as your style.

[Athletic socks for women](https://soxytoes.com/collections/athletic-women-socks)**,**what to look for and keep in mind:

● The kind of athletic socks you want completely depends on your activity type and how feet intensive the sport is.

● If you're into sports that put sudden and intense shock or pressure on the feet then you need to opt for padded socks. A little padding along with the heels and the toes will help you prevent a lot of injuries. Such socks will work if you are into jumping activities, acrobats, high intensity running, etc.

● If you're looking for socks to keep up with you as you walk the unventured trails of your next trek then look for durable socks that keep up with the long way. Try durable synthetic options like nylon, that wick away moisture from your feet and keep them fresh. You could go for padded one too if you're into rock climbing or mountaineering.

● For women who like to cycle look for thinner socks that are light on the feet but are also good at wicking moisture away. They are soft to touch and will not bruise your feet in any way. You can do away with socks that have padding because this isn't a high impact sport.

● Weight lifting is another place where the socks matter. Here more than the material what matters is the length. Get the ones which come just below your knees and have a strong grip. It'll help you keep firm while you do those deadlifts.

● Walking also works out of sorts and people indulging in this activity should opt for mid-length cotton socks as they absorb moisture real quick and keep the feet fresh and protected from bruises, cuts and shoe bites.

Once you have chosen the kind of socks you want, now you can concentrate on how these socks look on you and once you see how they look you will be delighted. There are infinite options for one to choose from while looking for women's socks online at quirky sock stores that have designer socks for all minds and ideas.