

Break a Sweat in Style.



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POSTED ON **JANUARY 16, 2017** · POSTED IN **FASHION, HEALTH, IMAGE CONSULTING, PERSONAL SHOPPING, SHOES**

It's time to start the New Year off right. You're ready to hit the gym—but what should you wear? Gone are the days of old, stretched-out sweatpants and worn t-shirts. Luckily there is workout gear for every body type and every kind of exercise. Working out becomes ten times easier when dressing right for it. Here are our tips for finding something comfortable, stylish, and inspiring. Check out these top three trends of 2017.

Break a Sweat in Style-Bright Colors

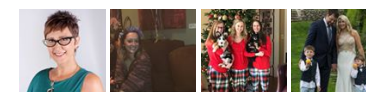


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Bright colors provide much-needed energy during a workout. Colors such as red, pink, and orange motivate you while blues, pastels, and neutral colors calm you. If you’re worried about looking too loud, try pops of color on your shoes, bra, or jacket. Also, if wearing a bold top pair it with black or gray bottoms.



Printed Patterns by visuallyappealingllc featuring athletic shoes

Patterned active wear is here to stay. Tropical prints and abstract designs slim your figure while adding personality to your outfit. If wearing a patterned top or bottom, pair it with solid accessories. Mixing too many patterns can be overwhelming to the eye.



Performance Pullover by visuallyappealingllc featuring tech accessories

Performance pullovers are a must-have for the gym. Most are form-fitting and made with compression fabric. This means they are moisture-wicking, odor-blocking, and they fit well without being too tight. They are perfect for winter weather because they provide lightweight warmth. Just slip on one with a pair of sweatpants and you’re ready to go!

Good luck with your workout wardrobe upgrade!

Jazman Sullivan, Intern

- athleisure trend

• bold colors

• capris

• leggings

• Neon Colors

• patterned prints

• performance

pullovers

• running shoes

• t's

• tanks

• weights

• workout gear

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