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Nike Product Advice

Make sport a daily habit with expert recommendations to help you find, style and get the most out of your Nike gear.

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Buying guides designed to help you find your new favorite gear, shoes, and accessories.

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Learn how to take care of your Nike shoes, accessories, apparel and more.

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Learn how to style yourself the Nike way — for function and comfort.

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The Most Comfortable Basketball Shoes by Nike

For support on the court, try these 9 picks.

Buying Guide

How To Buy Yoga Clothes

Discover what to look for to find clothes that help you strike a pose.

Buying Guide

The Best Nike Basketball Shorts for Kids

They'll bring their A-game in these comfortable basketball short styles.

Buying Guide

The Best Nike Tracksuits for Wherever the Day Takes You

This classic look never goes out of style.

## Buying Guide

### The Best Nike Gift Ideas for Basketball Players

Looking for some great birthday or Christmas gifts for basketball players? Whether you're shopping for rookies or veterans of the sport, you can't go wrong with any of these popular picks from Nike.

## Buying Guide

### The Best Nike Gifts for Skateboarders

Ramp up your gift game with these nine picks.

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### The 5 Best Nike Tactical Boots

Pick up a pair of these durable boots for rugged conditions.

## Buying Guide

### Best Nike Clothing To Help Protect Your Skin From the Sun

When it comes to continuous sun protection, what you wear matters.

## Buying Guide

### The Best Nike Hiking Skirts to Shop Now

From UV protection and pockets to sweat-wicking and water-repellent fabrics, the best hiking skirts seamlessly blend function with fashion.

## Buying Guide

### Keep Your Backpack Light With These Essentials From Nike

Lightweight backpacking gear is essential for staying strong on the trail. Here's what to consider.

## Buying Guides for Runners

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### The Best Cross-Country Shoes by Nike

Rain or shine, these sneaks will help you go the distance.

## Buying Guide

### The Best Nike Shoes for Running an Ultramarathon

We've got you covered with these excellent running shoe picks for the road ahead.

## Buying Guide

### The 5 Best Shoes for Long-Distance Running

The best shoes for long-distance running provide support and comfort as you log miles.

## Buying Guide

### How to Properly Choose the Right Running Shoe Fit

Ever wonder how running shoes should fit? A few Nike running experts offer their insight.

## Buying Guide

### The Best Neutral Running Shoes by Nike

Learn how to find a shoe that's so comfortable, you'll forget you have it on.

Buying Guide

What Is the Difference Between Running and Walking Shoes?

Cut back on your confusion with this informative guide.

Buying Guide

How To Choose Running Shoes

Hit your stride in these sneakers.

Buying Guide

Best Running Shoes for Walking, by Nike

Optimize your comfort and support with these top picks.

Buying Guide

Best Shoes for Walking on Concrete, by Nike

Hard surfaces call for soft cushioning.

Buying Guide

The Best Shoes for Running a Marathon, by Nike

Winning picks for speed and support

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The Best Nike Shoes for Dedicated Cross-Training Workouts

These well-rounded kicks will support your workout needs.

Buying Guide

The Best Nike CrossFit Shoes

These top picks offer lightweight stability when your feet need it most.

Buying Guide

The Best Nike Weightlifting Shoes

Look for stability and a flat sole when shopping for shoes that can withstand the load.

Buying Guide

The Best Nike Shoes for Deadlifts

For deadlifts, not just any shoe will do — maximize your performance and keep your feet feeling good with these recommendations.

Buying Guide

The Best Nike Shoes for HIIT Workouts

When switching up the intensity of your workouts, you need shoes that can keep up the pace.

Buying Guide

### Best Gym Backpacks by Nike

Could your bag make a difference in your workout? Only if you pick the right one.

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### Best Maternity Workout Clothes by Nike

Check out the top maternity activewear by Nike, from leggings to sports bras and everything in between.

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### The Best Shoes for the Gym, by Nike

FYI, gym-goers, you've come to the right place.

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### The Best Gift Ideas, According to Nike Well Collective Trainers

Beloved Nike fitness experts share what they will be giving their loved ones this holiday season — and beyond.

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### What to Wear for Outdoor Winter Workouts

Keep up an outdoor exercise routine in the best winter workout clothing by Nike.

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### How To Buy Yoga Clothes

Discover what to look for to find clothes that help you strike a pose.

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### Best Clothing for Hot Yoga, by Nike

Here's what to wear to hot yoga to stay cool and comfortable.

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### What Should Men Wear for Yoga?

Use this guidance on men's yoga apparel to stand tall (and comfortably) when you're striking a tree pose.

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### The Best Women's Cropped Pants by Nike to Shop Now

Cropped athletic pants are a comfy, versatile staple. Check out the top styles by Nike.

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### How to Use Yoga Blocks: 5 Poses to Try

Check out the benefits of the Nike yoga block and learn how to incorporate it in your practice with these expert tips.

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### The Best Nike Women's Plus-Size Hoodies — For Every Activity

From fluffy fleeces to cropped pullovers and zip-up hoodies, find a plus-size hoodie to suit your needs.

Buying Guide

The 8 Best Yoga Gifts by Nike

Simplify your shopping with this Nike gift guide.

Buying Guide

9 Nike Gift Ideas for Your Sister

From the latest Nike apparel and sneakers to fun, budget-friendly accessories, check out the top Nike gift ideas for sisters.

Buying Guide

Pink Nike Leggings Suitable for Every Workout

Show up to your workout in these colorful — and comfortable — leggings.

Buying Guide

The 7 Best Meditation Gifts From Nike

Meditation gifts can eliminate distractions, letting the practitioner focus on breathwork and mental clarity.

Best of Product Care

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How To Break in New Running Shoes

If you're wondering how long it takes to break in your new sneakers and how to do it, you've come to the right place.

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How to Lace Running Shoes

Try these techniques to help ensure your feet are comfortable and supported.

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20 Expert-Approved Ideas for Storing Shoes

You may never need to look for a lost sneaker again.

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How to Get Sweat Stains Out of Shirts

A step-by-step guide to banish sweat stains from workout tops and everyday tees.

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How to Clean Sunglasses in 4 Easy Steps

Before reaching for your T-shirt to wipe off smudges from your sunglasses, check out these tips on how to properly clean sunglasses and keep them scratch-free.

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5 Solutions to Stop Shoes From Squeaking

Whether your shoes squeak because of moisture or stiff seams, follow these tips to stop shoes from whining while you walk.

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How to Clean Baseball Pants

Follow these simple instructions to wash baseball pants — including tips to get them stain-free and fresh.

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How to Clean Football Gloves

Grass, mud, sweat: Football gloves get it all. Use these tips to freshen up a pair of football gloves for the next game.

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How To Get Pesky Sweat Smells Out of Your Shirt Armpits

For when the stink is extra stubborn.

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6 Easy Steps to Clean Mud Off Shoes

After getting outside, shoes can be a muddy mess. Here's how to clean them.

Top Styling Tips

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How to Style a Hoodie

Comfort meets style with these cozy hoodie outfits by Nike.

Styling Tips

What To Wear in Spring

It's time to shed winter layers and step into something vibrant and versatile, from light sweaters to colorful leggings.

Styling Tips

What To Wear to the Airport: 7 Travel Outfit Essentials

From cozy sweats and versatile tops to iconic sneakers, your travel wardrobe is about to get an upgrade.

Styling Tips

What To Wear in the Rain

Grab your rain boots and a cute umbrella. Then, jump into this rainy day garb by Nike.

Styling Tips

5 Cute Cold Weather Outfits by Nike

It's time your turtleneck went into hibernation with these versatile winter outfits.

Styling Tips

What To Wear to the Gym: 5 Outfit Essentials

Consider this your personal formula for building a practical — and cute — gym outfit, every time.

#### Styling Tips

##### What To Wear to an Ice Hockey Game

Here's how to pull up to the arena in style.

#### Styling Tips

##### 5 Cute Outfits With Beanies by Nike

Not sure how to style a beanie with your cool-weather fit? Look no further.

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##### 5 Biker Shorts Outfit Ideas To Wear Right Now

Swap out your go-to jeans with equally versatile bike shorts for looks that are just as cute as they are functional.

#### Styling Tips

##### 5 Cute Athleisure Outfits by Nike To Wear Now

Show off your individuality while staying comfy in these everyday athleisure outfits.

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