

## Fitness Apparel

In a sports apparel specialty store you will delight at the wide range of clothing plus accessories that is available in the market. Specific sporting apparels like golf, fitness exercise, equestrian and yoga are very much available. The apparel for sports like surfing or rafting and even mountaineering are abundants. The wetsuits are perfect for surfing apparel. The sports apparel include caps, batting gloves and rafting vests. Here's a short list on how to choose your sports and fitness apparel

### 1. The Golf wear

The golf apparel can be found in any specialty sport store. The golf apparel usually includes a trouser with a t-shirt. In golf apparel, comfort is the most important factor. Chinos are also very popular golf wear. Hats and caps of varying designs and makes are also available. Of course outlandish gears worn by some professional golfers are also available.

### 2. The Running / Fitness wear

The running apparel is best made with cotton to retain moisture that causes friction and might lead to possible chafing. The running shorts and tights including the cotton socks are the basic running gear. When running apparel is being chosen, try to select a base layer top which keeps you dry for an extended run. Comfortable and fit running shoes must be matched to keep you fresh on the run.

The fitness gear pertains to all kinds of apparel including aerobics and gymnastics. The multi-colored tights and leotards are the best and most comfortable during a workout. The fitness gear must be selected with care. Choose the proper material and correct size when selecting the fitness gear is a must.

### 3. The athletic apparel

The athletic apparel must be chosen with the climate and weather in thought. An apparel that is not suited for the weather will hinder the performance of an athlete. A popular athletic wear is the running or jogging pants with a drawstring waist. These type of athletic apparel can be purchased at discounted rates. The all weather gear is designed to keep most of the elements out. An

athlete depends on the athletic gear to perform at his best.

#### 4. The Equestrian apparel

The equestrian gear is mainly about breeches and boots. There are specialty equestrian stores that stock clothing and other equipment for riding. The casual equestrian gear could be riding breeches matched with a plain shirt. The paddock boots available also at equestrian apparel stores complete the set for an equestrian. A pair of riding pants and a jersey can be bought at an equestrian apparel store. When having lessons on riding, you may want to look online for equestrian stores to see and choose an outfit which lets you ride with great style and comfort. A little pricey in most cases but may be worth the price. A western style of gear is also available in specialty shops.

#### 5. The Yoga apparel

The yoga apparel must be very comfortable and loose for easy movement. A t-shirt and a loose-fit short are basic yoga apparel which will keep you fresh and comfortable. Also, it does not cost much. The designer yoga apparels are available at special yoga stores. Yoga Capri pants and unitards are available at yoga apparel store. The special Asana clothing can be found at very exclusive yoga outlets.