

Proper Workout Attire

1. Shoes

- a. Appropriate fit (neutral, corrections to supination or pronation)
- b. Shock absorption
- c. Lateral Stability
- d. Overall support and comfort

2. Types of shoes specific to training

- a. Cross training
- b. Running
- c. Walking
- d. Aerobic
- e. Field or court sports

3. Undergarments

a. Male

- i. Supporting
- ii. Whickering

b. Women

- i. Sports top
 1. Minimize movement
 2. Support tissue

4. Clothing

a. Warm weather

i. Layering

1. Whickering base layer shirt (optional)
2. Light weight, not to lose or tight, whickering shirt
3. Whickering underwear
4. Lightweight whickering socks

b. Cold weather

i. Layering

1. Whickering base layer shirt
2. Whickering middle layer long or short shirt
3. Outer shell wind and water proof
4. Long cold weather underwear
5. Thin cold weather socks
6. Wind and water proof shoes (optional)
7. Gloves with liners (wind and water proof optional)
8. Face protecting layer
9. Cold weather hat