

Flexible Fashions Top The Holiday Wish List

(NAPSA)—This season, keep holiday shopping simple and focus on what many women truly want: activewear.

An estimated 18 million Americans practice yoga and women today are putting athletic gear and workout essentials on the top of their “wish list.” Thanks to sleeker, stylish silhouettes and such celebrity enthusiasts as Gwyneth Paltrow and Madonna, the clothes are actually being worn outside the gym.

“From fleece pants to velour hoodies to sporty warm-ups, activewear is the gift of choice this holiday season,” said Lauren Bristow, VP brand marketing, Lady Foot Locker. “The styles offer flexibility and allow women to easily transition from the gym to the street.”

Here’s a sneak peek at some of the hottest picks for the season:

- **The Winter Performer:** For the woman who enjoys winter sports, early runs in the park and beating the competition, fleece continues to be the preferred layering alternative to satisfy her fitness and fashion needs. A great look to consider is Lady Foot Locker Sport’s sueded fleece full zip “Ace” hoodie and matching “Lotus” fleece pant. For a more technical ensemble, try Nike’s sport tricot panel warm up in red and black and Nike’s Imara running shoe in matching colors.

- **The Ultimate Achiever:** Understanding the person for whom you are purchasing is the critical first step in the gift-giving process. If she’s an extreme self-starter—the first to arrive at the gym, likes working out in the best shoes and moves at a fast pace—try activewear that moves with her and is a bit more functional and flexible. Adidas’ Natalie Tricot warm-up suit is performance-driven yet fashionable. To complete the look, try adidas’ A3 shoe in white/blue. For another layering option, look for Lady Foot Locker Sport’s Cordero micro-



Stylish fleece can be a fun and comfy answer to long winter months.

polar fleece hoodie, which offers protection, as well as style with its tapered, streamlined waist and matching low-rise pants with boot-cut bottoms.

- **The Marathon Shopper:** To really please this holiday season, stuff her stocking with velour. Luxurious sport velour hoodies and matching pants with fashionable piping in contrasting colors from Lady Foot Locker and Nike’s velour glacier blue/light graphite warm-up are terrific gifts for the woman who enjoys going to the gym in style and getting noticed. Classic footwear such as Puma’s GV Special casual shoe, New Balance’s 715 running shoe, adidas’ team classics and Nike’s Ace 83 are fashionable styles that stand the test of time and continue to command attention.

If you just can’t decide on the right gift, consider a gift card. A gift card can be used to choose from a large selection of athletic apparel and footwear made specifically for women.

For the widest assortment of branded athletic footwear, apparel and accessories for fitness or fashion from all major national brands see www.ladyfootlocker.com or call 800-877-5239 for store locations.