

FITNESS FACTS

Getting Back Into Shape

(NAPSA)—When it comes to getting back into shape, many people don't know how to get started.

The following tips can help you get back in shape and stay motivated throughout the year.

• Dress Comfortably

Russell Athletic's *For the Long Run*™ survey found that men (31 percent) and women (33 percent) said "comfort" was the most important function of their fitness apparel. Wearing comfortable workout gear can help you stay focused on getting back into shape.

Looking for comfortable workout gear? Try Russell Athletic's Power Performance line featuring Dri-Power™. The new fabric wicks sweat away from the body, keeping you dry and comfortable. Dri Power™ includes t-shirts, shorts, mock-turtlenecks, and breakaway pants.

• Get a Partner

The survey also found that 54 percent of men and 49 percent of women feel more motivated and dedicated when they workout with partners. A partner gives you extra encouragement and can help you stay focused.

If you're looking for a new partner, go to www.forthelongrun.com and find a virtual workout partner (VWP). The VWP program allows you to share workout tips and give encouragement through the site's e-mail system.

• Enjoy Exercising

Exercise doesn't have to be painful and boring. Find an exercise routine that you enjoy. Walk around the neighborhood or a park or try something new like pilates or yoga.

Whatever exercises you choose,



If your exercise clothes are comfortable and you enjoy your exercises, you are more likely to reach your goal.

start slowly and work your way up to longer, more vigorous exercises. Set attainable goals every three months and then evaluate your progress. If you enjoy the exercises, you're more likely to reach your goals.

Wear comfortable gear, workout with a partner, and do enjoyable exercises—three easy ways to get back into shape and stay there in 2002.

Russell Athletic products are available at department and sporting goods stores across the nation. Russell Athletic sponsors the *For the Long Run*™ survey and is a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company and its products, visit www.russellathletic.com.