



Fitness Facts

The New Workout Season

(NAPSA)—According to a recent survey, the primary reason why women workout is “to look good.” In contrast, men workout to “live healthy and be able to touch their toes at 100.”

Whatever your reason for working out, consider the following tips and information on the latest workout gear that can help you stay motivated.

Choosing the Right Gear—Weather can be unpredictable. Be prepared by choosing fabrics that are comfortable and have high-performing capabilities that manage moisture, breathe, and can be layered. The Russell Athletic® *For the Long Run* survey found that 32 percent of women and 23 percent of men feel more motivated to exercise when they wear high-performing fabrics.

Moisture Manager—Russell Athletic's new Power™ Performance collection features Dri-Power™, a polyester fabric that manages the body's moisture by transferring sweat from the skin to the outside surface where it evaporates. As a result, the fabric is dryer and lighter, leaving the body cooler even during the most rigorous athletic activity. Fabrics that don't breathe allow moisture to get trapped near the skin, which can lead to overheating and lack of performance.

Layering—Layering your clothing is beneficial because you can easily remove layers as the body warms up and replace them when it cools down. The layer closest to the skin is most important. Begin with a high-performance fabric that manages moisture, then layer with a long-sleeve or short-sleeve cotton t-shirt, fleece garment or sweatshirt.



Head Games—Wear a ball cap or hood over your head because more than 50 percent of your body's heat escapes through it.

Time of Day—During the day, wear lighter colored clothes because they don't absorb as much heat. At night, wear reflective tape so you're easily visible to drivers.

Before and After—If you're headed to the park for a pickup game, be sure to wear a sweatshirt or warm up jacket before and after. Although you won't need the extra layer in the heat of the “battle,” a sweatshirt can help prevent you from catching a cold when your body's temperature returns to normal afterwards.

Stay Hydrated—As always, whatever outdoor activity you do choose, stay hydrated by drinking plenty of water. Carry a small backpack with a bottle of water and other supplies like a dry towel or an extra pair of socks.

Following these tips can help you be prepared and stay motivated for upcoming workouts.

Celebrating its 100th anniversary in 2002, Russell Corporation is an international consumer products company specializing in activewear, casual wear and athletic team uniforms. Its major brands include Russell Athletic, JERZEES, Mossy Oak, Discus and Cross Creek. For more information, visit www.russellathletic.com.