

## New to Running? A Few Tips to Help You Along the Way! Week 3 – Function, Not Fashion!

*It's not fashion, it's function! Those cool outfits (pun intended) do make a difference! If you are serious about making an effort to run on a regular basis, make the investment in one good outfit.*

### Tip #3: Dress for Success!



Start with the shoes. *Cross trainers are too heavy & bulky. You want running shoes.* They should be comfortable the first time you put them on, have good cushioning, and buy them from a store that can assess your old shoes to see if you have a neutral gait or if you supinate or pronate. How your body naturally moves will have a large impact on which shoes is best for you.

***Cotton is heavy, wear dry wick!*** Cotton soaks up the sweat and makes you carry it with you throughout the entire run, which weighs you down, can chafe and can cause you to chill very quickly after you come to a stop. The dry wick shirts will pull moisture away from you, keeping the shirt light, helping you stay cooler and less chilling effect at the end of your run.

For women, *a good sports bra is essential!* There are some great products on the market that you can purchase in your specific size, and again - comfort is key. Many women wear two to minimize movement and spread the shoulder support wider, by having one sports bra that is a racer shoulder strap and another that is a conventional shoulder strap.



...stay tuned for the final lesson: **TOYS!!**