Sometimes the right gear can make or break your sweat sesh. With a few simple tweaks, you can get your wardrobe workout-ready in no time.

**STAY WELL-HEELED**
- Get fitted by a professional at an athletic store.
- Give your feet room to swell with a slightly larger size than you’d typically wear.
- Choose a shoe based on comfort, not on its construction.
- Replace your shoes when they no longer feel supportive.

**BE SEEN**
- Wear lighter colors to stay visible at dawn and dusk.
- Use reflective clothing, tape, and vests.
- Attach LED lights or reflectors to your shoes.

**SUPPORT YOURSELF**
- Invest in a sports bra that’s supportive but not too tight.
- Men need support too! Spring for some breathable athletic underwear.

**WEATHER UP**
- Choose moisture-wicking fabrics instead of cotton.
- When it’s cold, dress in layers.
- Invest in a lightweight rain jacket with air vents.
- Wear hats, scarves, and gloves to keep warm!

**PROTECT YOUR SKIN**
- Avoid blisters with double-layered athletic socks.
- Wear thin layers with flat seams to reduce chafing.
- Look for UV-blocking clothing, hats, and sunglasses.