

Published based on [How to increase your performance by wearing active wear](#)

# **How to increase your performance by wearing active wear**

Another mile of challenging jogging. Another drop of sweat is making its way down your forehead. Your pulse is higher, your muscles are getting sore. This jogging situation is not so difficult to imagine. If you run often you know your body well. You will know how to avoid not comfortable situations, how to make your exercise easier and more enjoyable. The easiest way to do so is to wear appropriate clothing for your particular sport discipline. The better clothing the less discomfort you will experience, especially during really challenging physical activity.

Proper active wear has reached new meaning with development of new technologies in textile industry. Clothes are not only fashionable, they have a role of increasing your performance and keeping you as comfortable as it is possible. Your comfort will be obvious if you have a choice between being dry or wet, also between being overheated or cool. New, sophisticated clothes are usually made of very advanced technologically fabrics and with seamless technology. They breath exceptionally well keep the sweat away.

How important role have those new sport clothes for every day user? Well, try them on when you go trekking, jogging or dancing Zumba and you will see the real difference. I can guarantee, that once you put proper thermal wear or active wear on you will never want to exercise in cotton t-shirt again. I met once young people in Poland that were working as volunteers in mountain rescue team. Their clothing was so simple and destroyed that it was hardly appropriate for tough and dangerous conditions that they were volunteering in. They were trying to save lives high in the mountains, in winter in shoes that were few seasons old and were not comfortable any more. Clothes were simple, wool, polar, very washed membrane. Those young people were not complaining though. Their performance was incredible, but if they had proper clothes they would feel more comfortable at least.

Proper thermal wear or active wear can be worn for extended period of time without washing. Bacteriostatic qualities of the fabric prevent bad smells and allergic reactions. This is especially useful during long term mountaineering expeditions or trekking. Good quality active wear will prevent you from overheating while you are jogging, trekking or exercising. It will keep your skin dry.

Why should you invest in expensive thermals or active wear when you can also wear normal cotton t-shirt during physical activity? The answer is quite simple. The more you concentrate on your exercise the less you want to worry about external factors like wet and sticky fabric, flapping parts of t-shirt, restricting movement clothing. Good quality specialized wear will not only protect your body, but it will also allow it to work out without limitations so that you can concentrate on your goal.

Keep the rhythm of jogging in the best [sports wear](#) you can find on the market. Learn how to choose proper [sports clothing](#) for your particular sports discipline.

You can also find this article published on [How to increase your performance by wearing active wear](#), and on the tag pages [active wear](#), [Recreation & Sports](#), [sports wear](#), [thermals](#).