

## Getting The Most From Your Workout—Top To Bottom

(NAPSA)—No matter the season, preparation is key if you want to get the maximum benefit from your workout. Warming up, for instance, is critical whether your sport is basketball, baseball, spring football, lacrosse or soccer.

The same is true when it comes to what you wear—top to bottom. Layering and fabrics all play a role in the success of a workout, especially when the weather is unpredictable.



**Wearing the right clothing can make a big difference in the quality of your workout.**

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To help, here are a few tips:

### **Choose The Right Apparel:**

Wearing comfortable clothing that wicks moisture away from the skin can also make a difference.

To help make finding the right clothing even easier, adidas has introduced Sport Performance Underwear. It features lightweight, ultrasoft, breathable fabric treated with an anti-microbial finish to inhibit odor. The underwear is designed to work with you during your activity for a more ergonomic fit. The company also offers Athletic Stretch and Athletic Cotton briefs and a variety of tops and bottoms made from premium soft cotton for maximum comfort.

To learn more, visit the website at [www.adidas.com](http://www.adidas.com).

**Warm Up:** Warming up before starting your routine helps to reduce the risk of tearing or straining muscles.

**Cool Down:** Many believe gradually reducing the temperature of your muscles can help reduce injury and stiffness.