

ACTIVE AMERICAN

Caring For Activewear

(NAPSA)—When running on the treadmill or taking a kickboxing class, not only does the body get a workout—your clothes do as well. People are spending big dollars on the latest workout wear, so it can be frustrating when athletic tops fade or yoga pants shrink.



Proper care can help workout clothes reach the finish line.

From perspiration to salt and chlorine, workout clothes take a beating. To help get more than a few vigorous workouts from these frequently used outfits, follow these tips from the WOOLITE *Fashion Forum*[™]:

- Most activewear need not be hand-washed. Try putting them in the gentle cycle of the washing machine with cold water. Avoid harsh detergents, bleaches or too-hot water. Instead, try a mild detergent like WOOLITE[®] Fabric Wash that does not contain bleach to prevent shrinking, stretching or fading.

- To help remove perspiration from activewear, soak in a solution of four tablespoons salt to one quart of water before washing in the gentle cycle.

- Soiled fabric sports shoes often can be revived by washing them in the delicate cycle. Be sure to put towels in the dryer with them to help absorb moisture.