3 Reasons To Invest in Breathable Workout Clothes

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When you first start working out you probably focus on comfort more than anything. Oversized shirts and leggings of some kind are the norm for most workout clothes and can easily be purchased anywhere. As you workout and get a routine down, you may find that your workout clothing is causing issues with your body. One option is to switch to breathable workout clothing. If you aren't sure how this will help, here are a few reasons to make the switch.

**Skin Breakdown**

When you wear certain clothing, like regular shirts and sweatpants or leggings, you can cause skin breakdown. What this means is that you can cause skin issues, peeling, deep rashes, and other skin problems that break down the skin over time. This happens because you trap the sweat in, there is no air circulating to certain areas, and it causes toxins to become trapped against the skin. A prime example would be rashes and breakdown underneath breast areas when wearing a non-breathable sports bra.

**Body Odor**

If your clothing is not breathable it can cause body odor to become worse. It can trap bacteria against the skin. This trapped bacteria can cause pores to clog, odor to build up from the bacteria, and multiple issues dealing with your body secretions. This isn't just an issue with your underarm area. It can also affect areas between your legs, groin, and under breasts for females. With a breathable workout clothing option, the air flows enough to allow the bacteria to escape and to allow the area to air out for lack of a better phrase.

**Cyst Development**

In some cases, mostly in extreme cases, you can develop small cysts. These are caused by pores getting blocked with sweat and with toxins. The toxins build and have no area to escape. This leaves them trapped under the skin. Overtime they harden and can become hard cyst like pimples. You can lance these, but they can be painful and they do contain bacteria and infection. Breathable workout clothing can clear that up and reduce chances of cyst development dramatically.

Though these types of workout clothes are an investment, you are investing in more than just clothing. You are investing in your body and your health. Keep that in mind when you start to make your purchases. Also remember, you don't need a ton of outfits. Just a few will get you by for awhile then you can upgrade as needed.

[sign off]