

Jenny MacLean's Fitness Column #6

☒ If you're thinking of starting an exercise programme this year, one of the first tasks is to get your 'fit kit' together. The good news is that you don't need a big budget. Just a few inexpensive, well-chosen items will make your work-out more comfortable and enjoyable.

Whether you're exercising indoors or outdoors and whatever exercise you're undertaking, the single most important factor is to be able to move and breathe freely. So, avoid flapping or baggy items if they could catch or get tangled. And try 'technical' (non-cotton) fabrics for particularly vigorous activities, to help you stay dry and to prevent chafing.

The main items you will need are as follows:

Tops – simple t-shirts will do for most activities

Legs – fitted or baggy shorts, leggings or tracksuit bottoms, according to body confidence levels and whatever is most suitable for the exercise environment.

Sports bra – ladies, these are vital for exercise. The dreaded 'bounce' is very uncomfortable and will stretch supportive ligaments, which can cause sagging.

Shoes – getting the right footwear for your activity is key. A

good sports shop will advise on the appropriate level and type of support.

That's all it takes to get started – enjoy your exercising this year!

This is the sixth of Jenny's fitness columns for The Edinburgh Reporter. We hope it helps you to achieve your fitness goals!

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