

# WHAT TO WEAR AT THE FITNESS CENTRE



## FITNESS CENTRE RULES & REGULATIONS

**4. Proper Workout Attire and Shoes. No Bare Foot, Jeans and Street Clothes.** For safety and hygiene reasons, proper athletic training attire and shoes should be worn at all times while in the Fitness Centre. No jeans, street clothes, open-toed slippers or sandals will be permitted. Centre staff reserve the right to deem what is appropriate workout attire.

More and more people are raising awareness of their healthy habits. Visiting the fitness centre is an important part of maintaining physical and overall health, yet many wonder or are unsure about what they should wear to the Fitness Centre. Choosing proper attire can ensure **safety and ease** of movement during exercise, as well as **maintain body hygiene**.

## WHAT SHOES SHOULD YOU WEAR IN THE FITNESS CENTRE

*When going to the fitness centre, many people focus on their workout clothes, hydration and form --- but your footwear is just as important. Wearing the right shoes can enhance performance, prevent injuries and provide the support needed for different types of exercise. Whether you're lifting weights, running on the treadmills or Ellipticals, or taking exercise classes. Wrong shoes can lead to discomfort, poor stability, and even long-term damage to the feet, knees and backs.*

### Pick out appropriate shoes

- Sneakers
- Running Shoes
- Weightlifting Shoes
- Cross-Training Shoes



### Benefits

- **Support & Stability**
  - Reduces the risk of injuries like sprains or strains
  - Maintain proper form during exercises
- **Shock absorption**
  - Absorb shock, protecting knees, hips, and spine
  - Prevents plantar fasciitis, shin splints, and stress fractures by distributing pressure evenly
  - Reduces strain on tendons and ligaments compared to unsupportive shoes (e.g., sandals, casual sneakers)
- **Comfort & Reduced Fatigue**
  - Breathable materials keep feet cool, while padded insoles reduce discomfort during long workouts
  - Proper footwear minimizes foot fatigue, allowing longer, more effective sessions

## WHAT TYPES OF SHOES SHOULD BE AVOIDED IN THE FITNESS CENTRE

### Shouldn't Wear

We should avoid wearing street shoes in the Fitness Centre:

- Slippers
- Rain Boots
- Leather Shoes
- Boots
- Sandals
- High Heels
- Shoes with the soles more than 5cm ,etc... ..

### WHY

- **Increased Risk of Slips & Falls**
  - No grip to the shoes or slippers will increase the chance of slipping on sweat or gym equipment
  - Smooth soles on boots or leather shoes are potentially unsafe on rubber floors or treadmills
- **Lack of Support & Injury Risk**
  - No arch support
  - Weak ankle support
- **Foot & Hygiene Issues**
  - Open-toe shoes (slippers) expose feet to dropped weights, bacteria, and fungus
  - Leather shoes don't breathe, causing excessive sweating, blisters, and odor
- **Poor Stability**
  - Slippers offer zero stability, risking foot collapse under heavy weights



## WHAT TYPES OF CLOTHING SHOULD MALES AND FEMALES WEAR IN THE FITNESS CENTRE



There will be handful types of outfits we recommend you to wear during exercise, It is recommended to have full coverage of Chest, Bust & Hip

### Upper Body

- T-shirts
- Sports Tank Tops
- Compression Tops
- Dry-Fit Materials
- Sports Bra (Female)
  - No Swimwear or Bikini-Top

### Lower Body

- Shorts (Able to cover the hip)
- Workout Leggings
- Hybrid Training Pants
- Performance Joggers
- Yoga/Harem Pants



### Benefit

- **Better performance**
  - More range of motion when doing exercise
  - Range of motion is not restricted by clothes
- **Injury prevention**
  - Reduced chaffing & blisters: Moisture-wicking fabrics prevent sweat buildup, lowering friction burns
  - Joint & Muscle Protection: Properly fitted clothes (like supportive leggings or shorts) stabilize muscles during high-impact workouts
  - No Snagging Risks: Tight-fitting or seamless clothes avoid getting caught in machines (e.g., treadmill belts)
- **Temperature Regulation**
  - Breathable Fabrics (e.g., mesh panels, dry-fit materials) keep you cool during cardio

## WHAT TYPE OF CLOTHING IS NOT ALLOWED IN THE FITNESS CENTRE (PART 1)

There will be many types of street clothes we don't recommend people to wear during exercise:



- Skirt
- Dresses

- Shirts
- Tailoring Suit

- Knit & Cardigans
- Jeans/ Denim

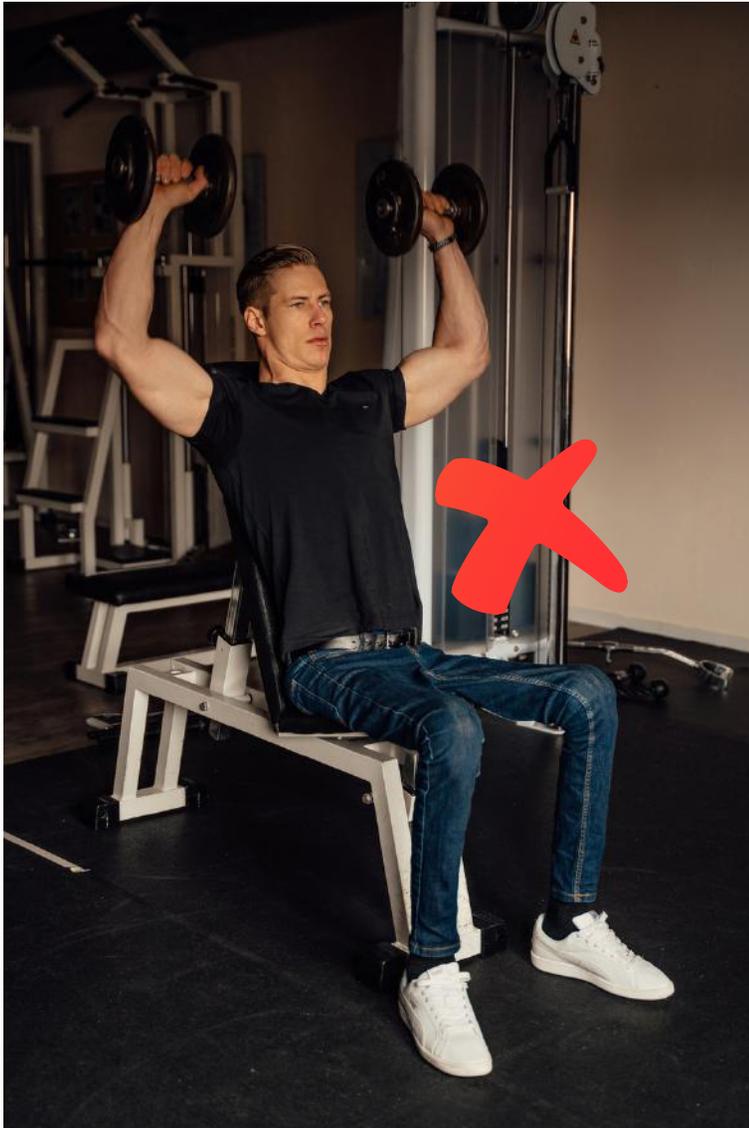
- Loose knitting & Crochet
- Denim Fabric Items
- Leather/ Suede



- Exposed Drawstrings & Ribbon
- Drapy Clothes
- Flared Clothes

### Clothes with Accessories

- Studs
- Strips
- Belts
- Buttons



## WHAT TYPE OF CLOTHING IS NOT ALLOWED IN THE FITNESS CENTRE (PART 2)



### WHY

- **Restricted Movement & Poor Performance**
  - Jeans or stiff fabrics limit range of motion, making exercises like squats, lunges, or yoga poses difficult
  - Too-tight pants can restrict blood flow, reducing endurance and strength
- **Burns & Abrasions**
  - Rough seams or cotton shirts causing chaffing during repetitive motions (running, rowing)
- **University Image**
  - Clothing with offensive images/language should be avoided.
- **Exposed Drawstrings & Ribbons**
  - Risk of snagging on machines (e.g., treadmills, cable pulleys), leading to trips or equipment damage
  - May tangle in resistance bands or free weights, creating safety hazards
- **Drapy/ Flared Clothing**
  - Can get caught under weights or benches, causing falls or restricted movement
- **Accessories (Studs, Belts with Metal, Chains)**
  - Scratch equipment, tear upholstery, or injure skin during exercises like bench presses
- **Hard Buttons/ Zippers**
  - Dig into the body during floor workouts (e.g., planks), causing discomfort or bruises
- **Non-Athletic Belts**
  - Fashion belts lack support for lifting and can damage equipment surfaces