

CAMPUS Couture

Let's get physical: Fashionably fit

The Thursday night bar scene in College Station is not the only place for fashion faux pas. The Student Recreation Center, a highly popular place between post-Christmas break and spring break, is home to many a man clad in white T-shirts with yellow arm pit stains or the woman in the classic "T & T," also known as tunic and tights. Even though there are the dedicated few on campus whose workouts are consistent, year-round plans, who, rather than loathe the inevitable swimsuit season, look forward to it, a great deal of the people in the weight room are more interested in checking out every person in view.

Let's face it, guys are looking out of the corner of their eyes at the amount of weight the guy next to him is lifting. Meanwhile, the girls on the treadmills are staring at the girls on the machines in front of them in jealousy lusting after a body they once had — last clearly seen on high school graduation day.

Make-up or teased hair in the weight room are something I would never endorse, but dressing can be psychological as it seems to affect my mood and the outcome of what I am doing. Having a truly effective workout is difficult enough to accomplish, so clothes that tug in the wrong place or make you feel insecure are just an extra stress that is not needed. Many women love shoes, so finding a fun pair of running or cross-training shoes can motivate you to hit the pavement to get some use out of them.

Nike just came out with the Shox Turbo, which not only comes in bright colors, but you actually feel like you are walking on air all the time. Though beauty is often equated with pain, these shoes defy the stereotypes. Comfort and attractiveness is a killer combination.

The simple rule of style in the gym is know when to be tight and when to hang loose. Highly aerobic activity, such as running, calls for America's favorite, 100 percent cotton in a loose-fitting form, while the snug should be reserved for activities such as pilates, yoga and other forms of resistance training. This rule

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LAUREN SMITH

Sweat in style

Athletic apparel companies make velour for buff fashionistas

By Lauren Smith
THE BATTALION

When Professor Klump lost all of his weight in "The Nutty Professor," he wanted spandex, all spandex. For most, especially women, spandex remains an object to be feared as it hides nothing. Exercisers often forget that there is a stylish middle ground between spandex outfits and an oversized T-shirt and tattered shorts.

Leah Venable, a lecturer in the health and kinesiology department and a personal trainer at Gold's Gym, suggests a Nike combination of shorts and a sport-bra-fit tank top for girls.

"Spandex should have never been invented, and too many people wear it that should not," Venable said. "But it does serve a purpose for bikers, just not in the weight room."

While spandex is on-the-outs for most, velour tracksuits, made famous by the ultimate diva, Jennifer Lopez, are hot right now for women as not only exercise attire, but an outfit for class as well. Although the style originated with designer labels such as BCBG and Juicy Couture, Nike has jumped on the bandwagon, making the style more affordable, and has designed them more for athletic, rather than fashion, purposes.

Jennifer Frank, a sophomore accounting major from Houston, sports her velour tracksuit around West Campus as well as at the Student Recreation Center.

"The outfit is incredibly comfortable," Frank said. "It is slimming, too, because it is all one color and you look cute no matter what setting you are in."

Even though there seem to be more options available for women's workout attire, there is opportunity to add to a man's style in the weight room.

Venable said she believes more is more, and guys should choose shorts that come to mid-thigh, steering clear of short shorts of any kind.

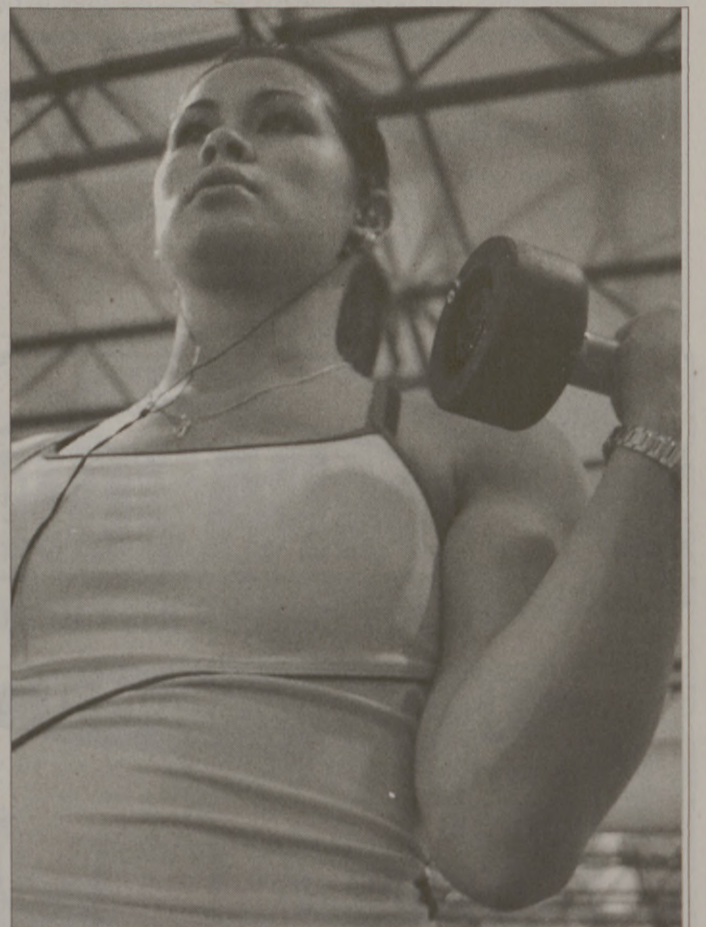
"The big no-no for guys are shirts with no sleeves and tank tops," Venable said. "No, it's not cool, it just makes you look like you are trying to be cool."

"A typical T-shirt, like Nike or Abercrombie and Fitch, with pants work well for guys and usually looks very good," she said.

The exercise clothes at Academy are usually more expensive, and stores such as Target and Ross Dress For Less often carry the same brands at a significantly lower cost.

"What a lot of people do not realize is you can find workout clothes that are attractive, inexpensive and serve the purpose of intent," Venable said.

In the age of Internet shopping, there are also many helpful Web sites to direct people on the road to developing a stylish



EVAN O'CONNELL • THE BATTALION

Sophomore biology major, Heather Holmes, struts her stuff while lifting weights in Gold's Gym in College Station.

workout wardrobe. Sites such as championcatalog.com, FitCouture.com and danskin.com offer fun items at a reasonable price.

There is definitely a distinct style between what women and men can wear.

Rory Graham, a senior petroleum engineering major, said she

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