

## Summer 2007 - Fashion Styles for the Active Woman

If you're more active during the summer months, who can blame you? With the more favorable weather and more vacation time, you're certain to find more ways to fill your hours during the summer than at any other time of year. But when the sunshine is calling you to get outside, do you have the right clothes to wear? To make sure that your activities are never hampered by your clothing, here are some ideas for the active woman.

### What Kinds of Activities are You Planning?

Before you head to the stores, it can help to figure out what kinds of things you will be doing this summer. For example, if you're heading out onto the golf course, your fashion options are going to be completely different than if you were heading to the water. Try to create a list of the various activities you may be doing and then start looking to see what special clothes will fit them. Here are a few of the more popular activities for the summer months.

### Are Sports on Your Calendar?

Whether you like to play softball, volleyball, or golf, you need to make sure your clothing fits the game. Not only will this allow you to move freely during the game or round, but they will also help to protect you from the sun's rays. Some sport specific ideas include:

Softball - Wearing longer gaucho pants can help you to look good and still protect your lower half if you decide to slide into home plate. The thicker the pant, the better, of course. But on top, you'll want to choose a looser fitting shirt that lets your arms move easily and that can be pushed up if you need more movement in your hands and arms.

Volleyball - If you're heading out to the beach or just for backyard volleyball, you're going to be moving around a lot. To help you look good and play well, you might want to choose Bermuda length shorts that will help to cover your lower half, but still let your legs move quickly. And on top, a sleeveless top is best, so why not try a halter top? It looks great on most figures, but also stays in place as you move. Find a halter top that doesn't need to be tied for the most secure coverage.

Golf - When you're heading out on the course, you have more options than ever to look stylish as you play. More women are choosing Capri length pants over the traditional chino type wear and tops can be the regular polo style shirt, but without the sleeves.

### Are Water Activities on Your Mind?

When you're planning on getting wet to cool off during the summer, you might want to choose some clothing that will dry quickly and look good in the process. Many women are choosing the tankini style bathing suit in order to provide the maximum coverage, while also letting them move freely during swimming, walking, and water sports.

Again, the halter top is a stylish option in bathing suit wear, providing nice coverage on top, but highlighting toned arms and shoulders.

While most women think that being active needs the right t-shirt or sports shorts, that simply isn't the case anymore. You can look good while you are staying active during the summer. All it takes is looking for clothes that allow you to move easily and that can easily be worn as you are leaving the beach for the day.

Try: halter tops made of stretchy materials, Capri pants, convertible pants (those that can convert into long pants or shorts), mesh shirts, sleeveless tops, and athletic sandals.

**Don't let bad taste or fashion slow you down.**

### About the Author

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