



A FITNESS-FOCUSED CLOSET

A fitness closet can mean a lot of different things to different people. From storage to your commitment to fitness, from inspiration to an extension of your lifestyle, organizing your gear in a dedicated space allows you to carve out a space for a part of your life that makes you happy. Having a place for everything and everything in its place as they say will allow you to quickly find what you want and need and avoid clutter.

Your fitness closet or space can include as much or as little as you want. A place for your fitness apparel, accessory items like hair ties, fit bit or heart rate monitor, shoes, gloves, belts, and even a mini fridge, mats, towels and more. Most famously, the epitome of fitness closets is Kloe Kardashian's. 150 square feet complete with special shelving for sneakers, racks for hanging her leggings and tops, and pull-out drawers for sports bras.

Attention fitness fanatics, if your closet has sneakers stacked in a corner, or piles of shorts and tops and athleisure wear that you can barely find when you want them then keep reading. We've got some tips to help you create your very own fitness focused closet.

Today's fitness wear is an expansive mix of style, comfort and functionality ready to tackle any workout from running to weight training to yoga and beyond and the collections are ever-evolving but your fitness closet can include much more than just the clothes you wear. So how do we keep it all organized?

STEP 1 Evaluate your workout routine and the essentials that go with each type of workout you do. Different workouts require different attire. Determine what works for you, keeping each type of item separate (leggings, sports bras, jackets, etc.) or storing complete outfits.

STEP 2 Go through your gear. Pull it all out and make two piles – keep and get rid of. Only keep the clothes you wear. Determine what works for you, keeping each type of item separate (leggings, sports bras, jackets, etc.) or storing complete outfits. Sort and color code both hanging and folded items accordingly. **Pro Tip:** Having all the same type of hangers is a simple and affordable detail that can give you that high-end organized look; when space is limited using a 4-tier hanger can be a game-changer!

.....

“From storage to your commitment to fitness, from inspiration to an extension of your lifestyle, organizing your gear in a dedicated space allows you to carve out a space for a part of your life that makes you happy.”

.....



“If you have a large closet space, displaying items in glass compartments are perfect for items you want to both display & protect.”

STEP 3 Access the space you have available and decide how you prefer to segment your storage area. There’s no wrong answer, hanging space, drawers, shoes, accessories, hamper or mesh bags for clothes that require special care, charging station are all dictated by your personal preferences and the amount of space you’ve set aside. For example, open shelving provides easy access and can showcase vibrant colors. If you have a large closet space, displaying items in glass compartments are perfect for items you want to both display & protect, and adjustable lighting can help you find what you need or keep you from disturbing someone sleeping while you get ready for an early morning workout session. The use of natural elements like wicker or bamboo are both sustainable and adds a touch of nature and adding a mirror is a must to check your outfit before heading out. The smaller details like handles and knobs and flooring is the perfect way to add your own style to complete the look of your closet. When space is limited, use labeled bins like drawers. **Pro Tip:** The most efficient way to organize is from the top down, things you use repeatedly i.e. socks, underwear, bras on the top, then tops, then bottoms.

STEP 4 What accessories do you use (reusable water bottles, supplements, bands, mats, foam rollers, theragun) and how do you want to store them so that they are easily accessible (hanging racks, shelves, baskets or bins).

STEP 5 Easy access is key. From color coordinating outfits to shoe storage simplifying the process provides function and looks good, too. Labels can help, too!

STEP 6 Decorate to motivate. Using event memorabilia, photos, vision board, and even art can provide great inspiration and displaying your favorite items is an easy way to feature a memory or showcase a cool item.

When fitness is a priority in your life, a custom organized closet is a necessity. Understanding your needs celebrates your commitment to an active lifestyle combined with your own personal style and creating a fitness-focused closet will have you looking forward to every workout before you even start!

