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The masks are great and you have to 100% wear one when social distancing is not possible, but if we're honest, going for a run with something covering your nose and mouth isn't exactly perfect. This can make catching a little hard. Over the past few months, it's been hard to get their hands on the simulators as everyone scrambled to build their home gym. But now that things are a little relaxed, the equipment is back in stock and as of July 10, we found some treadmills not only in stock, but also on sale. Costway 800W folding treadmill - Save \$240 Motor: 800 W Speed: 0.5 to 6.5 mph Power: 220 pounds Cool features: Phone and tablet holder, Folding design, wheels for transportation, candlestick, LED display that shows pulse, speed, distance, time, and calories Goplus 1HP electric treadmill - save \$540 Motor: 400 W Speed: 0.6 to 6.5 mph Power: 220 pounds Cool features: Silent engine, compact design, 12 built-up workout programs, workouts Display shows speed, distance, calories, and time Famistar 3.25HP portable treadmill - save \$1500 Motor: 3.25 horsepower Speed: 0.5 to 2.9 mph Weight Power: 300 pounds Cool features: Adjustable tilt, 12 pre-installed workouts, built-in speakers, LCD display shows time, speed, distance, calories, tilt, heart rate, programs and modes Photo: chuttersnapRunning always seems a cheap and easy way to exercise until there is a downpour or blizzard or 100-degree day. Then you start to be jealous of people who have treadmills in basements... and people who have gym memberships. Here are a few ways you can get into that basic run when the weather just isn't cooperating. Look for a community fitness center for TheMany City Fitness Center, which is free or cheap for residents, and it's often well kept secret. Check high schools that sometimes offer access to their facilities on weekends or at other times of school not in session. You may have to pay for a day pass, but they are often affordable. Check your daily access to your local Y as well. Use a service that allows you to pay by minute Flexit and Popin both sell gym access by minute, although they are only available in a few cities so far. (Flexit has locations in New York, New Jersey, D.C., Virginia, Maryland, Arizona, Illinois and Florida. On the Flexit app, we easily found gyms going for as little as \$5/an hour and as much as \$30. If you only need to pay for a casual run, gym prices may be cheaper than getting a membership (or your own treadmill). In some places, Credits can access an open-time gym. Classpass works on a subscription-based basis (prices vary by location) and it's mostly targeted at people who want to take classes. But some of the classes just slots open-time gym-again, depending on You can also opt for cardio classes instead of your workout runs. If there are several handy gyms on Classpass near you, and if

pricing works in your favor, this can be a good way to get a casual treadmill session. Look for free trials in commercial gymsY don't talk of overusing free tests, but if your friend's gym has a friend's special, why not go? Maybe you like it. Suck it up and buy a membership to the cheapest gym in townEven, if you don't like the Planet Fitness vibe or any gym squeezed into the nearest strip mall, many of these gyms offer cheap memberships like \$10 to \$20 a month. Keep an eye out for hidden fees, but do the math because sometimes cheap monthly rates plus extra fees are still pretty cheap. If you don't mind skipping a workout every now and then, maybe you don't need a treadmill. Okay, your choice. But if you follow the plan and have to get miles of the day, the cost of a cheap monthly fee, or pay a little more for a random day pass, can really make sense. If you are in the market for some new plus size gym wear, we have the goods. A treasure trove of active clothing, if you like. Brands such as Nike, Wolf and Whistle, Very, Girlfriend Collective, Fabletics, and Shein all know that cute and comfortable workout gear should be available to all makers, regardless of shape or size. Best about active clothing? This, for many of us, is now still doubled as work and study from home form. Let's talk about good investments. Raise your hand if life has looked a little like this lately: business on top, leggings at the bottom. Gotta look fresh (but stay comfortable) for an endless calendar of zoom meetings. Perhaps now that the gyms are reopening, you have a sophisticated sesh workout booked in what requires a high impact sports bra. Just Be and Navabi are great places to start for big bust bras. Nike and Adidas have a great selection of hoodies and jackets to wear on your way to the gym as well, or during warm-ups. Maybe you're looking for a cozy tracksuit for evening walks around. Adidas has you covered with their pencil bright, pastels, and mixed-up models. And why not pick up some cushiony three-stripped trainers to match while you're at it - for the gym, or just with jeans. If yoga is more your thing, we have leggings galore. Annd breathing tank tops. Annd elastic crop tops. Basically, all you need to perfect your tree posture and nothing is that you don't. Exhales deeply. your body to get those endorphins flowing, or cozy on the couch for a Netflix catchup, we're rounded to edit the best plus-size activewear pieces to help you feel better. Scroll further to the store... 1. Nike This content is imported from Instagram. You can find the same content in a different format, or you may be able to find a find information on their website. Nike made headlines last summer when they unveiled a new women's gender on its London flagship, and some of the garments were modeled by plus-size mannequins. Businesses representing a wide range of customer appearances should feel normal, not revolutionary. But the victory for the performance is still a win - especially from a hugely influential global brand like Nike. The internet was quick to chime in with messages of support when the dummy appeared on Instagram. Nike offers sizes up to 3X. 2. Wolf and Whistle This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. If Wolf and Whistle aren't on your radar already, find out: this British brand designs their eco-friendly activewear in-house, and they're incredulous lingerie in sizes up to a cup of F. You'd think it all means they come with a super boujie price, but, no - you can cop their leggings for 35 pounds as well as they offer Klarna payment options. Best for: Super-cute matching leggings and sports bra sets. Take the marble, please! 3. ASOS This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. About ASOS, always here for us. The site is an impressive one-stop shop as a brand name and an affordable super-stylish plus-size gym kit. From yoga vests to comfortable tracksuits to cute colors, ASOS is definitely worth browsing when you are on the hunt for some activewear. Saving for this holiday? Check them out in the 4505 range house for more affordable parts. Styles go fast, but the choice is updated - watch out. 4. Adidas This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. With sizes up to 4X, Adidas is there with Fabletics as one of the most inclusive size range offerings in the gym kit. And they defo got it all: from every style of workout leggings imaginable to pencil-bright cool tracksuits, trainers, sports bras, and more. Feeling confident in a comfortable outfit can sometimes make a difference when you're working yourself on a complicated workout - we say it's worth treating yourself. 5. Just be This content imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. Simply Be is a great plus-size activewear store. They offer a wide range of workout clothing and accessories from popular name brands like Adidas and Reebok, as well they publish honest customer feedback about the products. Not sure how high the aayam that sports bra really is? Check what other women had to say about first to keep your own trip back to the post office. Also, their Active Value range is great for a gym kit on a budget. 6. Navabi This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. Navabi is a great stockist to check out for your failsafe, workhorse gym basics. Like, say, perfect black leggings, or what's surprisingly supportive, a splurge-worthy Elomey sports bra. Most of the elements in their rotation are classic and neutral, which is great if you don't like the peacock in the gym. (No shade if you like a gym selfie for a gram, but we totally believe you if you prefer to just get in and out for a few days.) You can still find the odd chunk of the trend - we're looking at camouflage leggings. Navabi's active clothing rises to a British size 30. 7. Fabletics This content is imported from Instagram. You can find the same content in a different format, or you may be able to find more information on your website. In a recent Instagram video filled with self-catering tips, Cosmopolitan UK cover star Tess Holliday wore some bright pink leggings out of her range with fabletics - and fans loved her look. While its range is sold on the US website, the UK website has similar striking parts to 4X. You can become a member of Fabletics to access exclusive discounts, or buy your products one-off. They also offer three levels of support for leggings, from light to high compression, depending on what activity you would like to wear them. And many of their leggings have pockets placed with true genius - like a mobile phone slot on top of your hips, or a place for your home keys on a small back. This brand ace for neons and animals prints - but hurry up - styles sell out quickly. Follow Maddie on Instagram. Like this article? Sign up for our newsletter to get more articles as it is delivered directly to your inbox. SIGN UP Cosmopolitan UK is a new issue now and available for purchase online and through Readly. You can also HAVE more here or read on Apple News. 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