

Fabulous

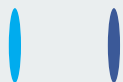
GRIN AND BARE IT Working out NAKED could be better for you – so have you got the balls?

Personal trainer Keith McNiven said working out in the buff can help you keep closer eye on results

REVEALED

By Lizzie Parry, Digital Health Editor

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COMMENTS

FORGET sports bras and the latest kicks, the best workout gear for 2018 might just be your birthday suit!

Turns out working out in the buff could actually BOOST your body image - and give you that extra motivation to stay active.

OLIVIA WEST - THE SUN



Forget designer gym wear, turns out your birthday suit might be a better option if you want to reach your fitness goals

Personal trainer Keith McNiven said while it might sound like a crazy idea, training completely naked could actually be good for you.

He said it helps maximise your workout time and time again.

Here he reveals the top five reasons you should ditch the gym kit and let it all hang out.

1. LEARN TO LOVE YOUR SKIN

Let's face it, for most of us hitting the gym is all about looking good.

Be it losing a bit of extra Christmas weight, or toning up - we're a vain lot and exercise is a good way to feel better.

GETTY - CONTRIBUTOR



Personal trainer Keith McNiven reveals why naked workouts could be the new 2018 fitness trend

Keith said: "We work out to feel good, to be healthy and to achieve our body goals."

And what better way to be reminded of that than by getting your kit off.

"You're forced to examine your body and come face-to-face with yourself, exactly how you look," he said.

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"By consistently doing this, you'll be getting used to your body, slowly getting more comfortable in your own skin."

2. KEEP ON TRACK

When facing your totally naked self starring back in the mirror, there's no escaping it.

By regularly keeping an eye on your nude bod, you'll be able to keep on top of your progress, Keith argued.

"There's nowhere to hide when you're not wearing clothes, and by knowing the ins and outs of your human form in the nude, you'll notice even the most minor of changes.

"This will help to keep you motivated and show you that your hard work is paying off."

The fitness guru added consistently gawping at your naked bod will motivate you to make healthier choices in life, opting for one less pint in the quest for that Adonis-like form.

Naked yoga has already taken off in some parts of the world

OLIVIA WEST - THE SUN



Naked yoga has already taken off in some parts of the world

3. WORK IT, WORK IT

Now, there's no doubt ditching the gym kit and getting down to your HIIT workout will give you a better view of your bod.

But, whether that's enough to convince you to join the naturist gym ranks, remains to be seen.

"Without clothes, you'll be able to see the different muscle groups in all their glory as you exercise," Keith, of Right Path Fitness said.

"You will be able to actually see how strong you are, to visualise the impact of each exercise you do and marvel at how fantastic the human body actually is."

For the more self-conscious among us, that might not be quite the way we see things!

body in all its naked glory helps you spot the muscle definition

GETTY - CONTRIBUTOR



Looking at your body in all its naked glory helps you spot the muscle definition better

4. LET IT BREATHE

Who knew, limbering up in your high-tech fluro workout two-piece of dreams, could actually be clogging up your skin.

They're the latest in gym-wear technology, I hear you scream - BREATHABLE, you say!

But according to Keith any cloth in contact with the body is getting in the way of letting your skin breathe.

Without clothes, you'll be able to see the different muscle groups in all their glory as you exercise

Keith McNiven,

And Dr Lance Brown, an American dermatologist, agrees.

He said it can restrict blood flow and act like a sponge, collecting all the sweat.

Keith added: "Going bare gives your skin a chance to breathe.

"When you sweat, your body releases toxins and by wearing tight workout clothes, you're actually weakening your skin by reabsorbing the sweat that is released by the body as you sweat."

your naked self means you're more likely to stay on track, Keith

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Being faced with your naked self means you're more likely to stay on track, Keith said

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5. GET FLEXIBLE






Free from your clothes, your body will be more flexible, "allowing you to truly maximise your workouts".

Keith said this could result in more calories burned by getting the best out of your gym routine.



SO... WILL YOU BE GIVING IT A GO?

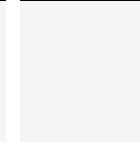
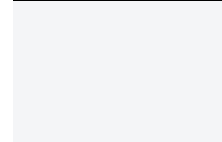
So there you have it, maybe getting your kit off is the last kick your workout routine needs to help you achieve your goals.

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If you do fancy a go, chances are you safer confining your naked exploits to the living room, curtains firmly closed.

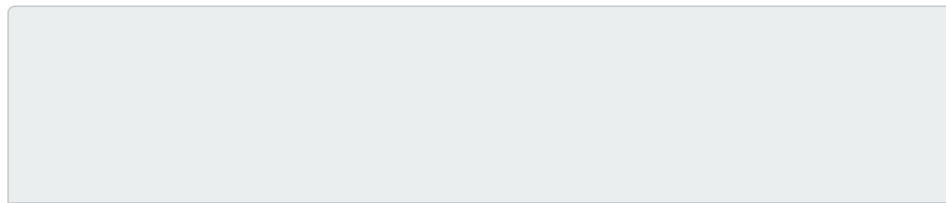
Or take part in the new [naked exercise classes](#) cropping up across the globe.






It seems it might just boost your health, so why not give it a go?

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well if she needs a work out buddy let me know

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