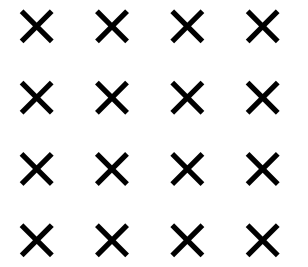




LEGGINGS ARE PANTS!

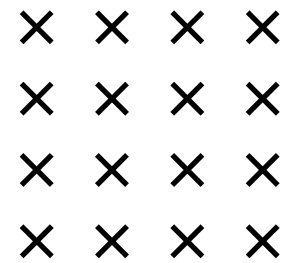
A woman's guide
for picking out the perfect legging!



Leggings are pants!

Leggings fashion's greatest invention! We all wear them, and we all love them; most of us live in them these days! Choosing leggings can prove to be a little tricky sometimes; often, how they fit in the store fall short in how we desire them to fit while doing the activity, we chose them for in the first place. So how can we make sure the next time we purchase a pair of leggings that we are genuinely picking the right fit? Well, this is what this guide is for! In this guide, I will be sharing with you some of the technical garment details you want to look for when choosing your leggings based on the activity you want to use them for; whether its fitness, every day, or dressed up, there are most certainly things you should be on the lookout for when shopping for the perfect pair of leggings.



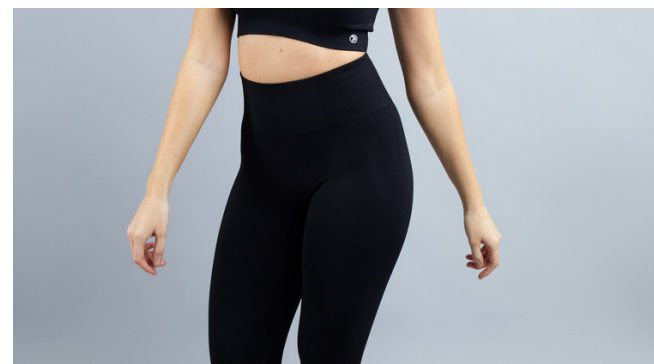


Fit

Finding the perfect fit with leggings can sometimes prove to be a little tricky. A good pair of leggings should fit like you are not wearing anything at all; when leggings are a bit looser, that's when they tend to slip off, and no one likes that annoying feeling of pulling up their leggings all the time, especially during workouts! On the other hand, if you get them too tight, that's when you start getting those lines around the waist from the elastic band and the rolling of the waistband.

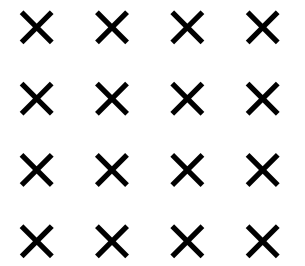
When looking for the right fit, you have to consider a few things, with the most important one being the activity you will do. Different activities require different styles, waistbands, and fabrics, so knowing what you will use your leggings for will help you look for the specific function in the appropriate leggings for your activity.

The height of the legging is essential and should be assessed based on your activity and personal preference. High-waisted leggings tend to offer more held in feeling and support along with more coverage, whereas a mid-rise legging will usually sit right where the belly button is depending on your midsection and typically stay put with the help of an elastic band around the waist.



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"Leggings should fit like a second skin. You shouldn't even know they're there or notice the feeling of them on your skin." -Akesha Smith- track athlete



"I have my own style and don't really follow fashion, but I like leggings. They are easy to wear and can go with anything." -Eva Green- Actrees

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LENGTH

Length is also important as you have a choice of full length, $\frac{7}{8}$ length $\frac{3}{4}$ length, as well as Capri. Length is a combination of personal preference and function. If you are looking for more coverage in your leggings for the cold winter days, full length is something you want to consider; if you are shorter and do not want to have the extra fabric at the bottom to fold, you may want to look at $\frac{7}{8}$ length leggings which depending on how tall you are may fit like a full-length leggings or, opt for a $\frac{3}{4}$ length leggings.

If you are taller but don't like the full-length look, $\frac{7}{8}$ is a perfect length to go with as it will still provide good length coverage but will most likely hit you right above the ankle, which is a great length to pair your leggings with heels! Capris are great for the warmer days where you still want to wear leggings but want a little less coverage and more freedom and mobility.



Knowing the type of workout is incredibly important when it comes to picking out leggings for working out. I like to break it down into these three categories:

ACTIVITY

High impact- for example, Hiit, running any rigorous workout.

Medium impact- examples, jogging, dancing, weight lifting, etc.

Low impact- walking, yoga, pilates, and so forth.

HIGH IMPACT

For high-impact workouts I tend to go for high compression, high waisted and moister-wicking leggings that will have me feel held in at all the right places, will stay put and dry quickly. I will also look for ones that may have a drawstring or mesh details for extra support and breathability.

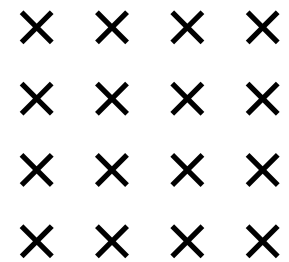
MEDIUM IMPACT

For medium-impact workouts I like my leggings to be less restrictive so I often I go for a mid-rise with an elastic band in the beck so they won't slip or roll and also look for leggings where the seems are strategically placed to not only flatter the figure of your body but also help support the muscles like interlock seems leggings.

LOW IMPACT

If low impact activity is what is on the menu like yoga I love to opt for leggings that are not so compressive, have good stretch and mobility, and often do not have an elastic band around the waist. I also want to make sure that they are are squat proof so my underwear won't show.





Leggings go beyond the activewear function. Getting leggings that can serve you beyond your fitness needs are a prize in your closet and when I look are purchasing leggings I love finding ones that can serve me beyond working out. For example, I have some leggings that I can wear for my low-impact workouts that can also easily get elevated for a night on the town or worn to bed or lounging around. At the same time, I have leggings that I can wear for the med-high impact workouts that also serve me when I am going out for a party, event, or simply need a dressier look.

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BEYOND WORKING OUT



When I look for leggings to dress up for an elevated look, the first thing I look for is minimal to no seams. Seams tend to give leggings a more casual look unless the leggings are faux leather and such (in that case, the fabric determines how dressy the legging is). I also look for leggings that have more of a sheen or silky finish to them as these are easier to dress up.



For my everyday look with leggings, I simply look for comfort; most of the time, I will opt for mid-rise or high rise with no elastic waistband or only elastic in the back for maximum comfort as I go about my daily activities. Pockets are another feature I love in my everyday wear of leggings. Deep pockets are a huge plus as I can fit my phone, keys, or small wallet safely in them without the fear of them falling out, leaving me hands-free, which is a huge benefit when running quick errands or spending the day with the kids.



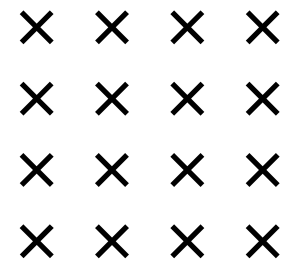
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LITALS PICKS

So now that we know what to look for to pick out the perfect pair of leggings here are some of my all-time favorites and go-to from Savvi broken down based on activity and style. I also included some styling inspiration to show you how versatile these leggings are.



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Lital's Picks for High Impact workouts

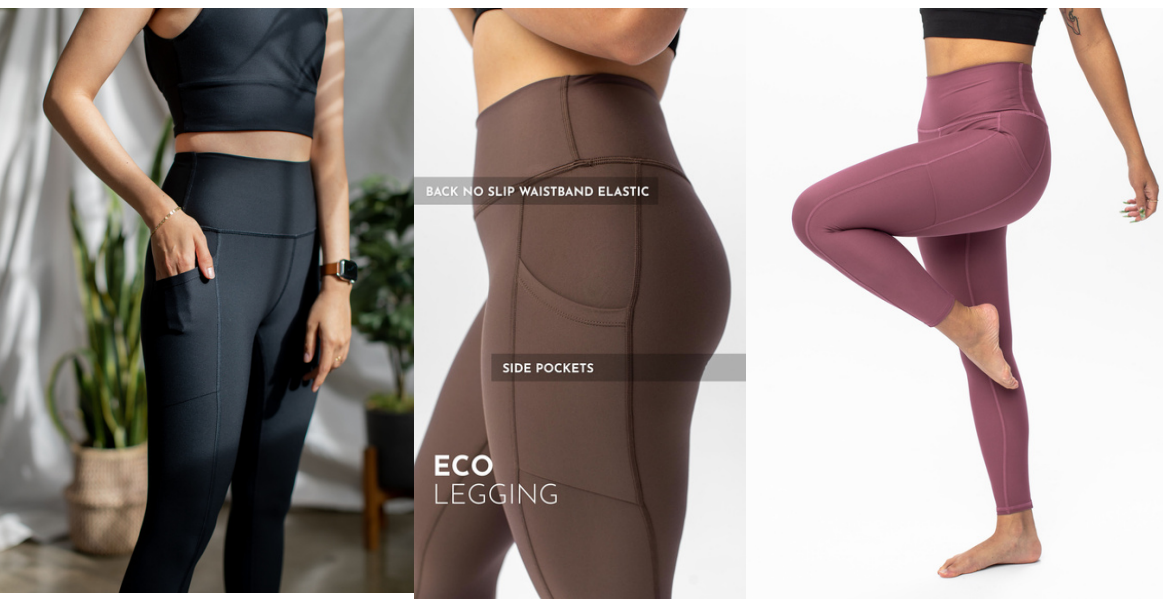
MY TOP THREE

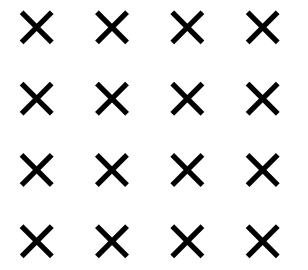
Savvi has many different leggings that are great for high-impact workouts, but the Keri, Eco, and Seri legging are my top 3 for my more vigorous fitness activities.

All three of these leggings offer amazing compression, which holds you in perfectly, they are all high-waisted and have excellent tummy control, and all have a thin, elastic band in the back for non-slip.

Both Eco and Seri leggings have moisture-wicking fabrics, and the Eco's are made from recycled water bottles.

The Seri's have no seam in the front and have a silky smooth finish which makes them great to dress up, and the Keri and Eco leggings feature deep pockets, which are great when you want to be hands-free on your run or leave the purse at home.





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Lital's Picks for Medium Impact workouts

MY TOP THREE

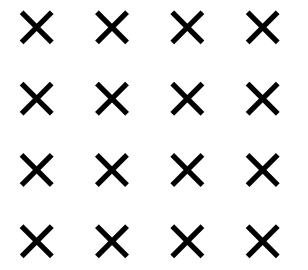
The Dancers, Avenue Capri, and Indi leggings are my top three for weightlifting, dancing, and typical busy daily activities.

All three of these leggings offer significant compression and support. All are squat proof and have great stretch and mobility to them.

The Indi has a moisture-wicking fabric; the dancers feature an asymmetrical cuff and a mesh detail. The Avenue Capri offers an adjustable drawstring, a hidden mesh pocket, and slimming flatlock seams.

Both Avenue Capri and the dancer's leggings are high-waisted, while the Indis have a mid-rise cut.





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Lital's Picks for Low Impact workouts

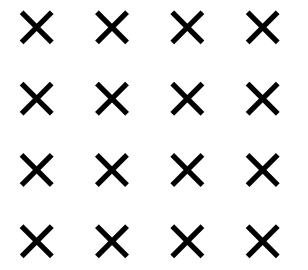


MY TOP THREE

The Solas, Koza's, and Sskin leggings have true magic when it comes to your behind. The sweetheart deep in the back seam of the Sskin and Koza are flattering and give the bum area a natural lift.

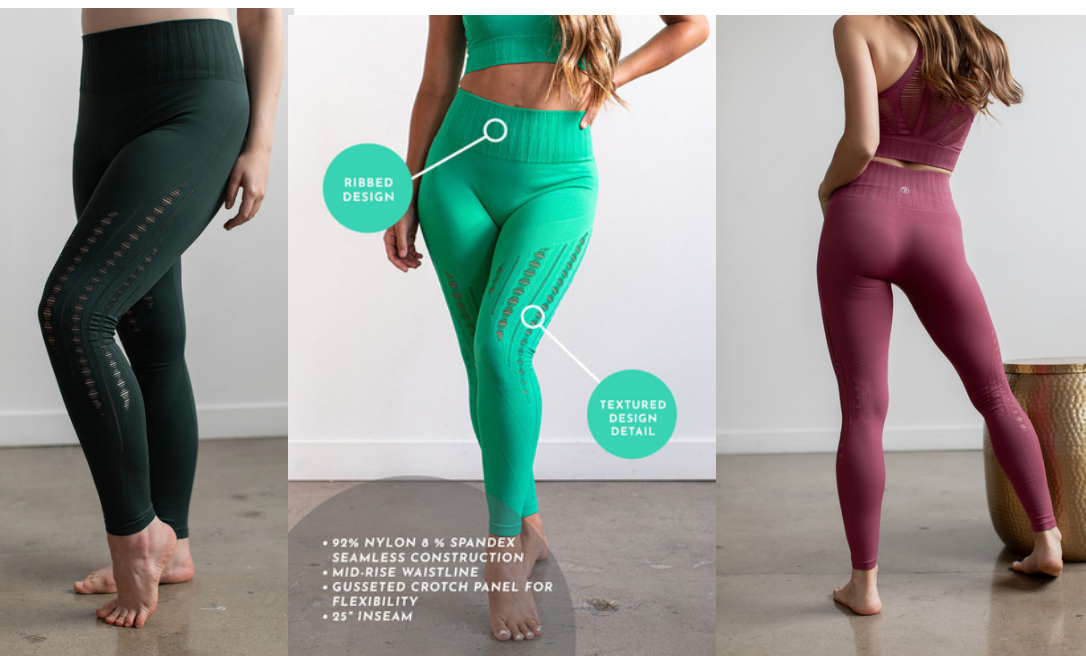
All three of these leggings are perfect for low-impact activities as they have fantastic stretch and no elastic waistband for ultimate comfort. They are all lightweight and make you feel like you are not wearing leggings, making them the perfect pick for everyday wear, lounging, and even bed.

Both Koza and Sola's leggings are squat proof and moister wicking, and all three are high waisted and come in many primary and fun color pallets.



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Lital's Picks easy leggings to dress up!

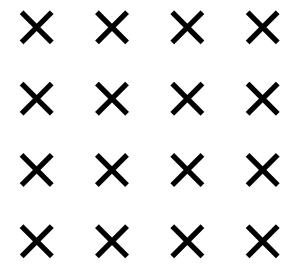


MY TOP THREE

When it comes to dressing up your leggings, almost every pair can be elevated, but some are made for dressing up! Such are my top favorite Ashtanga, Mantra, and Nova leggings. You can absolutely work out in these, but they are also the perfect leggings to wear for a night on the town!

All three have fantastic stretch, phenomenal compression, and are incredibly high-waisted. The Ashtanga and Mantra are knitted leggings that are slightly thicker and have a ribbed texture and laser-cut details on the mantra leggings.

The Nova has a smooth, silky feel with a fabric that has a sheen to it, making it easy to dress up for almost any occasion.

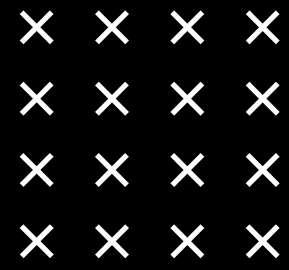


Styling Inspiration

SOME OF MY FAVORITE WAYS TO
STYLE LEGGINGS.

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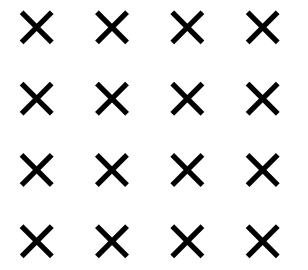


LITAL

Wife, mama of three, artist, and entrepreneur at heart. A trained actress, recording artist, writer, professional makeup artist, and community leader are just some of the fields Lital has had training, experience, and careers in allowing her to channel all her talents and passions into one space having one vision and goal in mind to empower, inspire and build a community rooted in love and grace.

As the founder of The Fashion Mission, stylist and Savvi's independent brand partner Lital brings her love of beauty, fashion, and inspiration to help provide you with a well-balanced and joyful life while looking and feeling fabulous inside and out!

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