

From Gym Time to Playtime with Rhone Activewear

Description

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Do you find the clothes you wear affects how you feel physically and mentally? When I worked in the *wild* world of accounting, the business casual attire of slacks, a polo, and dress shoes never suited (pun intended) me that well.

Immediately after arriving home from work, I'd change into my workout apparel and feel an instant increase in energy and motivation. Now that I'm a stay-at-home dad, I wear athletic apparel practically all day because, well, why wouldn't I? Plus, it's especially helpful when I have to pick up my boss's slack, or just pick her up!



I have worn many kinds of fitness apparel over the years, and find that it's mostly useful for one or two things which means changing is a must. For example, running shorts that show off my white thighs are not the best for chores around the house or to go to the store with Avery, plus they usually stink afterward. Besides being the first guy to prove you *can* embarrass a 16 month old, I would be without much needed pockets for keys and portable snacks anyway!

Luckily, I found [Rhone Apparel](#), stylish activewear for men on the move. With Rhone, I'm able to avoid the dreaded "transition" time associated with changing into clothes for the task at hand! No more going through several types of outfits in one day just to find what helps me perform the best or because I smell bad.

Donned with Rhoneâ€™s [Bullitt Shorts](#) and [General Short Sleeve](#) shirt, I can move freely and functionally during my workouts without the common after-stench. Whether itâ€™s doing hill sprints while pushing Avery in her stroller or kettlebell clean and press, Rhoneâ€™s athletic apparel keeps me comfortable and is up for any task!



Anyone who has spent time in a gym or home gym knows, proper form/movement can make or break a great workout. I love how the General short sleeve and Bullitt shorts allow me to perform without getting in the way or catching on each other when Iâ€™m lifting heavy weight or performing complex moves like the kettlebell swing.



When Iâ€™m finished with an exhaustive workout, thatâ€™s just the beginning. Now that Spring is here, we have a yard to tend to. Before, this would mean changing out of my sweaty clothes into something dry so I donâ€™t have grass sticking all over me. But with Rhone Apparel, I stay dry even during intense exercise, and save time by not having to change for the next task, which is mowing the lawn with our new [EGO Cordless Lawn Mower](#)!



Not that Iâ€™m always strapped for time, but I donâ€™t want to spend it changing in and out of clothes for each activity I do in a day. I need clothes that are highly functional and preferably stylish at the same time. Rhone fills that need by motivating me to push the limits when working out and not worry about how bad I sweat or stink afterward. Especially when I need to hold my daughter close while teaching her how to mow!



Known as the [Rhone Edge](#), Rhone creates high quality athletic wear with superior anti-microbial, moisture-wicking fabric that keeps you fresh and dry in style. Perfect for when you want to play with your kids and not have them asking “What’s that smell Daddy?” Not that Avery talks yet, but the look on her face says it all when I’m sweaty and smelly. But when I’m wearing Rhone, I get all smiles all the time!



From their website, here’s Rhone Apparel’s story:

THE ORIGIN

As a group of busy professionals and passionate athletes, our team became perplexed by the tremendous gap in activewear. Rhone was created to fill that void, speaking directly to how men live, work, and sweat. We wanted clothes that stand up to the test of everyday “transition” times. Whether running errands, jumping on a flight, or pushing hard in the gym, Rhone feels good, looks good, performs better. Ultimately we want to capture that which inspires all of us. Our belief is we can push each other and our product forward each day.

THE NAME

We are American guys who believe in producing a great product (and where possible made domestically). But we also have been inspired by the places we have traveled. A collective favorite of ours is the Rhone Glacier and Rhone River in Switzerland and France. As an important trade route for the Greek and Roman empires, the Rhone is not only aesthetically beautiful, but was also highly functional for surrounding civilizations, as they grew based on trade. There is something about that current that resonates with us. We want our brand to reflect that strong and classic inspiration: a handsome line that is highly functional, always flowing, and moving #ForeverForward

I’d say they are living up to their name and delivering on their beliefs for sure! I just feel cool with their activewear, even if I’m only lounging around the house. Plus, I never know when I’ll have to chase down a rampant toddler or just show her a few moves in the gym.



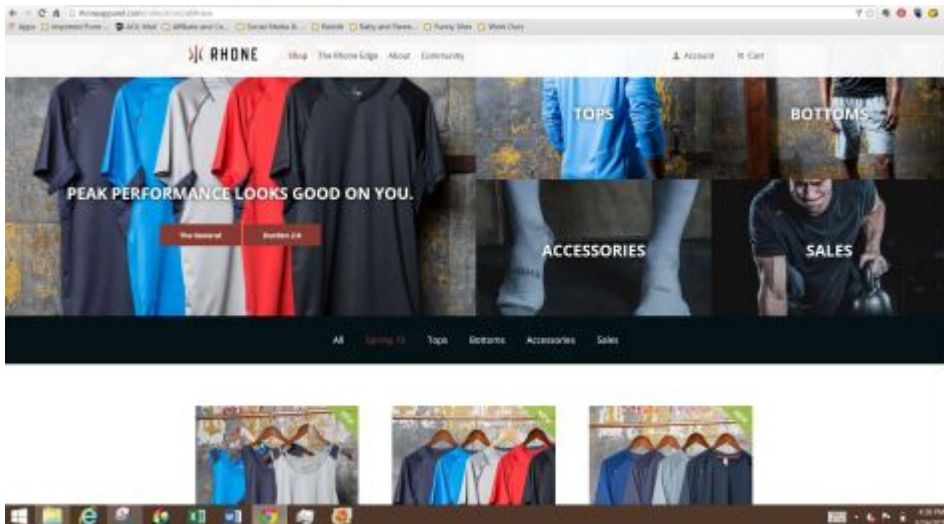
When moves alone won’t cut it, I have no problem turning playtime into part of my workout. Bonding with Avery while lunging at the same time demands I have clothes that will work *with* me, not against!

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#Playtime meets #workout with my #daughter in my @rhoneapparel outfit. #winwin #RhoneFever #ad
#Parenting #exercise #fitness #athletic #healthy

A video posted by RC Liley (@going_dad) on Mar 28, 2015 at 5:07pm PDT

Ordering from Rhoneâ€™s website is simple. First, I browsed their [entire line](#), and then checked out their new [Spring Collection](#) to buy what I wanted.



Thereâ€™s plenty more to choose from, and I will have to get more to add to my *dadrobe* very soon!

Head on over and check out Rhoneâ€™s high performance selections for yourself or the active man/dad in your life and let me know what you like best. *Itâ€™s okay if you say everything, because I do too!*

How much time could you save by not having to change for different things like working out and yardwork?

Do you feel renewed with energy after changing out of work clothes that wear you down?

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