

# Exercise demands no-fuss styles

People today don't have time to spend long hours tending to their hair and make-up. They need simple styles so they can concentrate on their active lives.

perfect for spring, when people crawl out of their cubbyholes and gear up for high-energy exercises. It's a no-nonsense life for dancers, exercisers, runners and sports enthusiasts of all sorts.



Dancewear has developed its own style. No longer are leotards bland and blue, instead they've become electrified with color. Here, one dancer models a striped lycra leotard, with a matching headband and lycra tights. In the background, she wears a full length unitard, that's belted. Both available at Studio Dancewear, Birmingham.



Kaye North  
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