

# Gain The Confidence To Sew Your First Activewear

Are you tired of spending countless hours searching for the perfect activewear that fits your body and style? Look no further! With a little bit of confidence and some sewing skills, you can create your own personalized activewear that will make you feel comfortable and empowered during your workouts. In this article, we will guide you through the process of gaining the confidence to sew your first activewear.

## Why Sew Your Own Activewear?

The activewear market is saturated with options, but finding the right fit, design, and quality can be challenging. Sewing your own activewear gives you the freedom to choose the fabrics, patterns, and styles that suit you best. You have full control over the fit, ensuring that your activewear hugs your body in all the right places and provides the necessary support during your workouts.

Sewing your own activewear can also save you money in the long run. High-quality activewear can be expensive, and finding affordable options while maintaining quality can be a daunting task. By sewing your own activewear, you can create unique pieces that are tailored to your needs without breaking the bank.



## Activewear Sewing for Beginners: Gain the confidence to sew your first activewear

by Mother Bee Designs([Print Replica] Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 40581 KB

Screen Reader : Supported

X-Ray : Enabled  
Print length : 80 pages  
Lending : Enabled



## Getting Started

Before diving into the world of activewear sewing, it's essential to acquire some basic sewing skills. If you're new to sewing, consider taking a beginners' sewing class or watching online tutorials. Once you're familiar with the basics, it's time to gather the necessary tools and materials.

## Tools and Materials

Here's a list of essential tools and materials you'll need to get started:

- Sewing machine
- Scissors
- Pins
- Needles
- Elastic
- Fabric
- Thread
- Measuring tape
- Pencil or fabric marker
- Pattern paper or tracing paper

## **Choosing Your Pattern**

Once you have your tools ready, it's time to choose a pattern for your activewear. There are various sewing pattern options available for activewear, ranging from simple leggings to sports bras. Look for patterns that suit your skill level and style preferences.

If you're a beginner, starting with a basic leggings pattern can be a great option. Leggings are relatively easy to sew and provide a foundation for exploring more complex activewear patterns in the future.

## **Selecting Fabrics**

The choice of fabric is crucial when it comes to activewear. Look for fabrics that are stretchy, moisture-wicking, and breathable. Performance fabrics such as spandex, nylon, or polyester blends are popular choices for activewear. These fabrics offer flexibility, durability, and moisture management, making them perfect for workouts.

When purchasing fabric, make sure to buy enough to allow for mistakes and alterations. It's better to have extra fabric than running out in the middle of the project.

## **Building Your Confidence**

Sewing your first activewear may seem intimidating, but remember that practice makes perfect. Start with simpler projects and gradually work your way up to more complex designs. Don't be afraid to make mistakes; they are part of the learning process.

Joining sewing communities or online forums can be beneficial, as you can ask for advice or seek inspiration from fellow sewists. You can also find helpful

tutorials and patterns online specifically designed for activewear sewing.

Gaining the confidence to sew your first activewear is an empowering journey. With some patience, practice, and the right resources, you can create activewear that not only fits your body perfectly but also reflects your unique style. Say goodbye to ill-fitting and generic activewear and embrace the world of personalized, handmade fitness clothing!



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"Activewear Sewing For Beginners" is the new beginner-focused eBook from FehrTrade founder and activewear sewing specialist Melissa Fehr. In this eBook you'll learn how to find and sew activewear fabrics and elastics, sew the most used stitches on your sewing machine or overlocker (serger), and how to test and adjust your garments for exercise.

This eBook is aimed at beginner sewists who are familiar with a sewing machine and basic garment sewing principles, but who have never sewn activewear before.

Topics include:

1. Why Sew Activewear?
2. Choosing Fabric
3. Cutting Out
4. Sewing Machine Stitches
5. Overlocker/Serger Stitches
6. "On The Road" Fit Testing
7. Resources

Additionally, you'll learn how to sew robust seams (on an overlocker/serger or standard sewing machine), select appropriate activewear fabrics, and what to do when things go wrong, like:

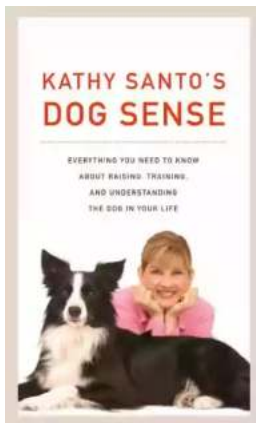
- Wavy seams
- Skipped stitches
- Off-grain fabric
- Shifting hems

It also includes essential activewear sewing advice, such as:

- What to do when a fabric isn't what you expected
- How to find the right fabrics
- Do I need a crotch gusset?
- Sewing strong, stretchy seams on a sewing machine

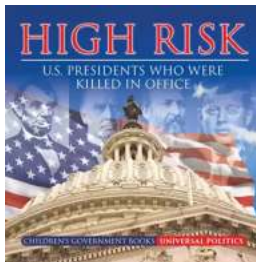
- The importance of negative ease
- How to make your activewear last longer
- How to effectively test the fit of your activewear in motion

No patterns are included and the advice is suitable for all sizes, genders, and body types.



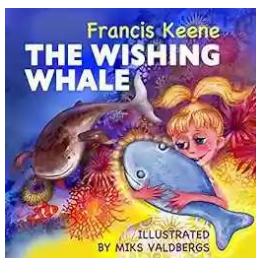
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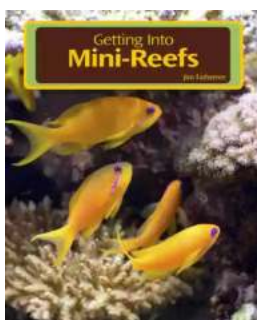
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