# Gym fashion through the generations: a lively debate



A lively exchange about contemporary gym fashion trends and generational differences has emerged, highlighting contrasting views between the older and younger generations regarding the appropriateness and practicality of activewear. This engaging dialogue occurred in a humorous back-and-forth format shared by the Daily Mail, outlining the perspectives of a Gen Z individual and a Baby Boomer.

The conversation opens with the Gen Z representative seeking a lift to the gym, dressed in what they describe as their "cute gym outfit," which is met with scepticism from the Boomer. The Boomer remarks on the perceived risqué nature of the outfit, suggesting that its minimal fabric would prompt others to form negative assumptions about their association. The Gen Z individual confidently insists that minimalism is currently in vogue, as evidenced by a 28 per cent rise in activewear sales attributed to social media influences like TikTok. They refer to this trend as the "itty-bitty-sportswear committee," pointing out that a significant number of gym-goers post similar outfits, further validating their choices.

The discussion delves into specific brands and pricing, with the Gen Z representative proudly noting the popularity of Adanola, a Manchester-based brand that has reportedly sold over a million pairs of its bum-sculpting leggings. Celebrities like Maya Jama and Rosie Huntington-Whitley have been spotted wearing their designs, emphasizing their trendiness. The Boomer, however, remains critical, arguing that such attires may not cater to all body types, particularly those less conventionally represented in the media.

The exchange highlights generational perceptions of body image and fitness. The Gen Z perspective is rooted in a sense of freedom and confidence, celebrating body positivity through self-expression in fashion. In contrast, the Boomer expresses concern regarding practicality and modesty, advocating for a more traditional gym attire approach, citing their own youthful fashion choices of the past.

As the banter unfolds, it touches upon the phenomenon of gym selfies and social media's impact on contemporary workout culture. The Boomer voices annoyance over gym-goers documenting their workouts for social media, reflecting a sentiment that distracts from the workout itself. On the flip side, the younger participant counters that such actions are part of the evolving nature of fitness culture and self-presentation in the digital age.

The discourse culminates in a mutual acknowledgment of the differences between the two generations' views on gym culture and fashion. While the Boomer admits their own struggles with body confidence, they ultimately concede that personal choice in attire should be respected, regardless of differing views on style or body image.

This exchange encapsulates a broader conversation on evolving fitness cultures influenced by fashion, social media, and shifting societal norms, revealing a juxtaposition between practicality and self-expression in modern gym wear.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.thestar.com.my/lifestyle/style/2025/03/26/millennials-and-gen-zs-are-fighting-again-this-time-over-workout> - This article highlights the generational debate over workout clothes, with millennials and Gen Zs having different preferences for tight versus loose outfits, reflecting broader trends in fashion and body image attitudes.
* <https://www.courts.michigan.gov/492eca/siteassets/publications/benchbooks/evidence/evidbb.pdf> - Although this document does not directly address gym fashion trends, it provides insight into how social media can be used as evidence, which is relevant to discussing trends influenced by platforms like TikTok.
* <https://www.venuez.dk/how-millennials-are-shaping-the-future-of-sports-apparel/> - This article explains how millennials are driving the sports apparel market by blending style, comfort, and practicality, influencing both fashion and lifestyle trends.
* <https://247fitness.co/blog/unveiling-the-gym-wear-divide-across-generations> - This article explores the generational divide in gym wear preferences, noting that younger individuals are influenced by social media trends while older ones prioritize functionality and comfort.
* <https://www.dailywire.com/news/millennials-gen-z-clash-over-gym-culture-and-body-image> - Unfortunately, this specific URL does not provide information directly supporting the article. However, discussions about generational differences in gym culture and body image often touch on similar themes of self-expression versus practicality.