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Unmentionable

What kind of underwear do you have on?

That's the question on [Freshpair.com's](#) mind, what with Tuesday being the sixth annual National Underwear Day.

To celebrate, we wanted to share some helpful tips from Freshpair — the first one's for women whose bras are giving them unsightly, painful strap marks; the others are for guys wanting to know what stuff's best to wear to the gym.

Many women try to create the right lift and support by adjusting their straps too tightly. The problem may be that you're wearing the wrong size bra. Check your size, and choose a bra with added lift or underwire for more support. Make sure your bra is full cup and avoid demi. If you are larger in the bust, try a minimizer or full coverage bra.

If you actually go to the gym to work up a sweat (as opposed to hanging around the smoothie bar and handing out business cards), you should be wearing something that has wicking power. Wicking is a process in which a performance fabric moves moisture away from your body, allowing it to evaporate quickly, keeping you cool and dry. Then, there's the matter of fabric that has breathability.

Calvin Klein addresses both these issues with its Pro-Mesh line of underwear — I have some, love it, totally recommend it. A perfect choice for the gym is the Calvin Klein Flexible Fit Tank Top two-pack, which will keep you cool, and let you show off your muscles at the same time.

And because every dedicated jock should have the right support, there's also the Pro Stretch Jock Strap. For those days that you want to practice for the Tour de France, slip into the Calvin Klein Pro Stretch Cycle Short. The Basket Action Mesh line utilizes modern fabric technology, resulting in a cotton blend that has both wicking power and super-soft feel.

For your bench press duties, we suggest the 2(x)ist 50 Cent Square Cut Tank. If you're a trendy jock, check out the Papi Camouflage Jock Strap or the Andrew Christian Brasil Jock Strap with colored contour pouch.

To purchase these suggestions (seriously, check out the Calvin Klein ones), visit [tulsaaworld.com/freshpair](#).