NEWSLETTER

Issue #2 October 2023

dleisurewear

Gear up with Dleisurewear to elevate your wardrobe with a touch of luxury that lasts!

Best seller of the month!

Medium-support sports bra

Quote of the month!

"If something stands between you and your success, move it.
-Dwayne Johnson

Meet the founder

Darius Eftekhar is a student at the Sacred Heart University (SHU), member of the SHU tennis team and his major is Exercise Science with minor business.
He launched Dleisurewear in August 2023 and is trading online.
His passion for sports and dedication to excellence fuels every aspect of our brand.
if you want to know more you can the interview on YouTube (Link).

Ambassador Plan

Some of the benefits

- 5% discount code
- 10% commission on each sale under the Ambassador's code
- DLeisurewear will provide 3 free products every 6 months.
  Any other product/s purchased for personal use will have a 20% discount.

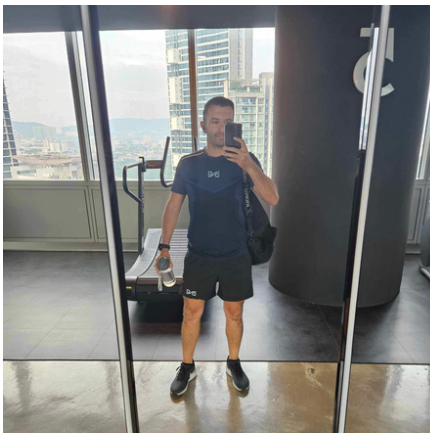
Please contact us to let you know if you qualify and let you have all the information.

What to expect next month:

- A word from the founder
- Best seller of the month!
- Quote of the month!
- When in the Gym (summary)
- Dleisurewear spotted in…

You will find us on:

Dleisurewear spotted in Asia!



Dleisurewear spotted in Cyprus!

When in the Gym:

1. Warm-up and cool down: Always begin your workout with a warm-up to increase blood flow and prepare your muscles for exercise. Similarly, end your workout with a proper cool-down to gradually reduce your heart rate and stretch your muscles.

2. Use proper form: It's important to maintain proper form during exercises to prevent injuries and maximize the effectiveness of your workout. If you're unsure about how to perform an exercise correctly, don't hesitate to ask a trainer or instructor for guidance.

3. Start with lighter weights: If you're new to weightlifting, start with lighter weights to allow your muscles to adapt and prevent strain. Gradually increase the weights as you progress and feel comfortable.

4. Hydration: Stay hydrated throughout your workout session by drinking water regularly. Dehydration can affect your performance and overall well-being.

5. Listen to your body: Pay attention to any pain, discomfort, or fatigue during your workout. It's crucial to know your limits and avoid pushing yourself too hard, as it can lead to injuries. If something doesn't feel right, it's better to take a break or consult a fitness professional.

6. Use gym equipment correctly: Take the time to familiarize yourself with the gym equipment before using it. Follow the instructions, adjust the settings to fit your needs, and be courteous to others by wiping down equipment after use.

7. Rest and recovery: Allow your body to rest and recover between workouts. Overtraining can lead to burnout, injuries, and hinder your progress. Plan for rest days and consider alternative activities such as stretching or light cardio on those days.

8. Respect others: Be mindful of personal space and etiquette while at the gym. Avoid hogging equipment for excessive amounts of time, clean up after yourself, and be considerate of other gym-goers.

You will find us on: