

# Active Shorts and Skorts: Sun Protection for Your Workout

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According to the Environmental Protection Agency, skin cancer claims a life every hour in the United States. Unprotected sun exposure is the main cause, but it's also the most preventable.

When you're outdoors, sunscreen isn't enough. You also need clothing that protects your skin.

Most everyday gear leaves your skin exposed to harmful rays. **Active shorts** and skorts bring a smarter approach to sun protection. They blend comfort with coverage for your active life.

You deserve activewear that fits your routine and shields you from the sun. Keep reading to learn how you can stay comfortable, stay active, and stay protected without changing your lifestyle.

## The Rise of Sun-Protective Workout Attire

According to the Skin Cancer Foundation, 20% of Americans will develop skin cancer by the time they turn 70. As you age, years of outdoor activity add up, making sun protection more important than ever. Exercising outside without proper coverage speeds up skin aging and increases health risks.

***Standard clothing does not block enough UV rays, leaving skin exposed even during short workouts. Over time, this leads to skin problems.***

Today's outdoor workout clothing solves the problem with built-in UV protection. You no longer have to rely on sunscreen alone.

Here's what makes sun-safe activewear different from normal clothing:

- Fabrics that block most UVA and UVB rays

- Lightweight designs for comfort during any activity
- Styles that work for both exercise and daily life
- Protection that lasts through many washes
- Choices for everything from walking to tennis

BloqUV stands out by offering clothing that fits your routine and shields your skin. You get both function and style, so you never have to choose between looking good and staying safe.

## How BloqTek Fabric Works

***BloqUV uses an innovative fabric called BloqTek in all its sun protection apparel. It protects your skin from the sun while you exercise outdoors.*** If you want a fitness gear upgrade that delivers real sun protection, our fabric does the job.

When you walk, hike, or train outside, your skin absorbs both [UVA and UVB rays](#). UVA rays lead to wrinkles and early signs of aging.

UVB rays are responsible for burning your skin. Exposure to either type raises the likelihood of long-term skin problems and cancer.

BloqTek acts as a built-in shield, not just another layer. ***The fabric shields you from 98% of UVA and UVB rays the moment you wear it. Unlike sunscreen, the protection never fades or washes out because it's part of the fibers.***

The material cools when wet, dries fast, and wicks away sweat. You feel cool and at ease, even when the weather is hot and sticky.

## Active Shorts for Every Outdoor Workout

Our [active shorts](#) give you sun protection and comfort for any outdoor activity. We designed these shorts to handle everything from running to paddleboarding. Both active shorts and training shorts move easily from exercise to errands, making them a practical choice for day-to-day life.

### Active Shorts

***Our women's active shorts are high-waisted with a 3-inch inseam. The shorts give you the freedom to move while still offering coverage. The cut flatters a range of***

***body types and feels light all day.***

The shorter length keeps you cool and comfortable, whether you're on the trails, biking, or enjoying a beach workout. We added a soft inner liner, a secure elastic waistband, and roomy side pockets for comfort and convenience.

Like all our attire, our active shorts are made with BloqTek fabric to keep you comfortable all day long. Choose from classic Black or Smoke to match your style. You can pair our **active shorts** with a [Women's Mock Zip Top](#) or a Quarter Zip Polo for a complete look.

## **Training Shorts**

If you want a more fitted style, our Women's Training Shorts are a strong option. ***These stylish athletic shorts feature a 6-inch inseam and a secure high-rise waistband. They also have two side pockets to keep essentials within easy reach.***

The lightweight, breathable fabric stays comfortable during long runs or intense workouts. Our training shorts give you the freedom to move and reliable sun protection.

The fit never shifts or pinches, even during tough routines. We built these shorts for speed, structure, and all-day wear. With our [training shorts](#), you get protection, comfort, and a look that fits in anywhere.

## **Skorts with a Sun-Safe Twist**

BloqUV offers two skort options for those who want both sun protection and style. Each skort is designed to keep you comfortable and covered.

Both are suitable whether you're on the court, on the course, or out for a walk. With our skorts, you get reliable sun defense without giving up comfort or versatility.

## **Why Skorts Over Shorts?**

Skorts combine the look of a skirt with the practicality of **active shorts**, making them a favorite for those who want comfort and coverage. ***You get the freedom to move without worrying about exposure, thanks to built-in shorts that stay in place.*** The design blends function and flair so that you can wear them for sports or casual outings.

Skorts fit easily into your wardrobe. They match well with different tops and suit both casual and dressier outfits. Whether you're heading to a workout or running errands,

you'll find they transition smoothly from one activity to the next.

## **Free Style Skort**

Our [Free Style Skort](#) is available in black and navy, giving you a timeless option for any activity. The skort features UPF 50+ protection, so you can stay active outdoors, whether you're playing tennis, jogging, or you're out and about.

***Inside, mesh shorts offer reliable coverage and let you move freely. The high-waisted cut is flattering, and deep pockets are perfect for holding your phone or a tennis ball.***

The skirt is longer in the back than the front to give you coverage that feels just right. Pair our Free Style Skort with:

- Women's Active V -Neck for a sporty, sun-safe look
- Women's Relaxed Short Sleeve Crew for a classic, laid-back style
- Women's Drawstring Crew for an easy, adjustable fit
- [Women's Everyday Crop Top](#) for a modern, casual vibe

The skort transitions from sporty to casual with ease, making it a smart addition to your wardrobe. If you want a fitness gear upgrade that combines style and sun protection, this skort is a perfect choice.

## **Capri Skort**

Our Capri Skort blends sporty style with full sun protection, making it a standout piece in your workout attire. The capri-length compression leggings give you gentle support and a sleek, comfortable feel.

The lightweight overskirt provides extra coverage and a flattering drape. You get UPF 50+ protection with every wear so that you can stay active outdoors with confidence.

***The Capri Skort is perfect for tennis, biking, or even a quick trip to the store. The high-rise waistband gives you lasting comfort.***

Our skort has practical pockets to keep all you need close. The upside-down ball pocket lets you store a tennis ball and grab it quickly during play. The waistband pocket is ideal for keeping items safe and within easy reach.

Choose your Women's [Capri Skort](#) from the following colors:

- Black
- Navy
- Smoke
- White
- Soft Gray

Pair it with a Women's Pullover or a Full Zip Hoodie Jacket for a polished, sun-safe look.

## **Beyond SPF: Why UPF Clothing Is a Smarter Investment**

SPF is found in sunscreen, but it fades fast with sweat and water. ***UPF is a rating for fabrics that block UV rays. It gives you steady protection as long as you wear it.***

BloqUV's **active shorts** and skorts keep you covered during long hours outside. The sun protection is built into the fabric, so it never washes out. You can trust your gear to protect you every time you wear it.

Choose our [outdoor workout clothing](#) with UPF 50+ for lasting defense. Our apparel offers more than just coverage. You get:

- Certified BloqTek fabric for real results
- Extended waistbands for extra comfort
- No need to reapply like sunscreen

Stay comfortable and protected every time you head outdoors with our sun-safe activewear.

## **Styling Your Sun-Protective Workout Wardrobe**

With BloqUV apparel, you can create a wardrobe that keeps you sun-safe and looking sharp. ***Our workout attire comes in a range of colors, so you can mix and match to fit your mood.*** Try these combinations for an easy, sun-smart style:

- Skorts with a Women's Long Sleeve 24/7 for all-day coverage
- Stylish athletic shorts with a Women's Full Zip Crop Top for a fresh, sporty vibe
- Any bottom with a Unisex Hoodie for extra comfort on breezy days

Build your sun-smart capsule with pieces that work for every part of your day. Enjoy comfort, coverage, and confidence whether you're at the gym, on the court, or out for a walk.

## **Make the Switch to Active Shorts Today**

**Active shorts** and skorts deliver sun protection, comfort, and style for every outdoor moment. You get lasting coverage and a fit that works for your active life, all with built-in UPF 50+ protection. Our designs move with you, whether you're working out, traveling, or enjoying time outside with friends.

***At BloqUV, we use soft, breathable, lightweight fabric that cools by five degrees when wet.*** We've focused on quality since 2009, so you can trust our gear to last. [Shop with us](#) to upgrade your sun protection and enjoy every day outdoors with confidence.