

# WHAT SHOES DO I BUY ????

The **BEST** shoe is one that fits your foot and meets your distinct fitness needs.

Decide what types of exercise you are going to be doing in the shoe- if you are going to be participating in a specific exercise 3-5 times a week buy a shoe made for that exercise

Keep in mind your running style, your biomechanical needs, and type of terrain you will be on most

Be prepared to spend between **\$50-\$120** for a quality pair of shoes- the amount of technology built into the shoe determines the price

Choose a sports store that has sales personnel that have up-to-date knowledge of exercise shoes

Buy a training shoe, not a racing shoe

Try on both shoes, fit to the largest foot.

Try on shoes after a workout or run. Your feet will be at their largest. The shoes should be immediately comfortable. There is **NO BREAK-IN** period. There should be a firm grip on the heel without any slippage as you walk or run

Wear the socks you will be exercising in to try on the shoes- try on both shoes and walk around in them- be sure they are properly fit to your shape of foot and are comfortable when you move in them- the toe should be roomy enough to wiggle your toes and there should be 1/2 inch from the end of the longest toe to the end of the shoe.

## KNOW YOUR FOOT TYPE

### **FLAT**

LOW ARCH  
LANDS ON OUTSIDE OF THE HEEL  
ROLLS INWARD TOOMUCH  
BEST SHOE:  
MOTION CONTROL/STABILITY  
FIRM INSOLES  
STAY AWAY FROM CUSHIONED  
STRAIGHT LAST

### **NORMAL**

NORMAL ARCH  
LANDS ON THE OUTSIDE OF THE HEEL  
ROLLS INWARD SLIGHTLY TO ABSORB SHOCK  
BEST SHOE:  
STABILITY/MODERATE CONTROL  
SEMICURVED LAST

### **HIGH-ARCHED**

HIGH ARCH  
FOOT DOES NOT ROLL ENOUGH  
DOES NOT ABSORB SHOCK WELL  
BEST SHOE:  
CUSHIONED  
FLEXIBLE TO ENCOURAGE MOTION  
STAY AWAYT FROM STABILITY  
CURVE LAST

Inspect shoe for quality control. Look for these things:

Check to see that the heel cup is perpendicular to the sole of the shoe

Pull on the upper part of the shoe and see if it separates from the sole- **IT SHOULD NOT**

Feel seams inside as to whether they are uniform and stitched well

Loose threads or extra glue spots are signs of a poorly constructed shoe

Replace your shoes every 500-700 miles to protect you from injury.

The shoe's ability to protect you decreases even if there is no significant visible sign of wear

A removable insole sockliner for cleaning/replacement or to accommodate orthotics-

Remove insole to put in orthotics

Front of shoe should be flexible

Heel cup should be inflexible