

## **Finding the Perfect Shoe to Improve Your Workout**

To improve your workouts, look for a high-quality shoe with a good fit that is specific to the activity that you will be using them for:

**Walking:** Walking shoes are stiffer and heavier than running shoes and provide more support because your foot rolls from heel to toe more slowly than when you run.

**Running:** Running shoes are more flexible with extra cushioning to handle the greater impact. An average pair of running shoes should be replaced every 350-400 miles. Once the back of the shoe is worn out, the shoe starts to feel uncomfortable and less supportive. Running shoes are designed for forward motion, so they don't support you well when you move in other directions such as basketball and step aerobics.

**Specialty:** Specialty shoes exist for sport specific activities that you engage in several days per week such as weight lifting, cycling, hiking, tennis, basketball, soccer, and more.

**Cross-training:** Cross-training shoes are good for a varied workout routine, most versatile athletic shoe, designed to give more support for changes in direction and impact.

Once you have acquired the proper shoe you will need to make sure you have the proper fit.

- When standing your shoe should have about a half-inch gap between your longest toe and the toe box of the shoe.
- The heel should fit relatively tight. Your heel should not slip out when you walk.
- The upper part of the shoe should be snug and secure and you should be able to freely wiggle all of your toes when your shoe is on.
- When you try out new shoes, wear the same type of socks that you wear when working out.
- Your foot shouldn't slide back and forth or side to side as you move around.
- Walk or jog around the store to see how they feel.

- Never wear your new shoes for a race without wearing them for a few weeks first.
- Get re-fitted each and every year.

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