

Focusing on:
The Right Shoes

If the shoe fits...

Get Sneaker Savvy

Finding the right pair of shoes is a must if you want to have an effective AND comfortable workout. Luckily, finding the right pair for your feet is easier than you think!

Before you go...

- Choose an athletic or specialty store with a large selection. A store with a variety of sizes, widths and types of support will help you get the pair that is just right for you.
- Get fitted for your footwear at the end of the day when your foot size is at its max. It's normal for feet to increase about one-half a foot size over the course of a day.
- Wear the same socks you'd wear to a workout. This will help you get a pair of shoes that don't feel too tight or so lose they're rubbing blisters on your feet.

Once you get there...

- If you have "flat" feet you'll want a shoe with more support and stability than cushion. On the other hand, if you've got high arches you'll probably need more cushion than the average person.
- Allow ½" (width of your index finger) between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size.
- The shoe should have the same width at the forefoot (½" between the foot and side of the shoe), but should not slip at the heel.

Walking is simple – you can just get up and go! Remember, your shoes should maximize walking while minimizing injuries. The right pair of shoes will have:

- good arch support
- appropriate tread
- durability
- flexibility
- cushioning



Most importantly, your shoes should be comfortable!

Wear It Out

Knowing when your shoes need to be replaced is one of the most important parts of preventing knee and ankle injuries. Depending on how active you are, your shoes need to be replaced every three to six months. If that doesn't fit into your budget, try replacing the insoles (they can provide added support at a lower cost).

Five Questions

1. Are there others encouraging you to become more physically active? If so, who?
2. In what ways would being more physically active benefit your family?
3. What personal, health or social problems have poor health caused for you?
4. List the past 3 previous attempts you've made to be more physically active. Why did they fail?
5. What choices have you made to fit more physical activity into your day?

This Week's Challenge

Sign up for an organized walk/run.

Walk for Life
MS Walk
Doane College Fun Run/Walk
Noah's Dog & Jog

See lincolnrun.org, click on the "Calendar" link to see dates, times, and locations of other run/walk events in the area.