



SHOE SELECTION

First Key to any fitness program – proper and well fit footwear.

- Proper, length, width and volume
 - Length and width should absolutely be measured, but arch height and Instep height have to be considered as well.
- Why evaluate your Gait?
 - Is there instability in the arch of the foot?
 - Indications of tightness upstream that might cause issues down the road.
- Neutral or Stability? What does it mean?
 - Little to no instability in arch = Neutral
 - Some instability – moderate stability
 - Significant instability – full stability shoe
 - No hard and fast rules though.
 - History of pain or injury
 - Stature of wearer
- Inserts? Maybe.
 - Helps counteract instability by guiding foot through proper gait motion.
 - Adds structure to inside of shoe for very high arches.
- How are you going to use the shoe?
 - The shoe you use when you are just starting out may change as you progress on your fitness journey.
 - Cushioning should be the major consideration when you are starting (or starting over) on your running and walking journey.

Buy from someone who can do the above and knows their products.

- If they don't pull out some device to measure your feet, then leave and find someone who can properly fit you.

Also be aware that the shoes you can find at department stores may have the same brand name on them, but they are not the same shoes.

- All brands make lifestyle and casual wear models for customers shopping at the department/outlet stores. These shoes are not designed for running and/or walking. They are not made of the same quality materials as true athletic shoes.
- They cost \$45 for a reason.
- You should expect to pay around \$110 - \$150 for a quality pair of shoes and they should last you 350-500 miles.