Finding the Right Shoes for You

When starting any type of exercise regimen, it’s very important to have the proper footwear. Your feet, ankles, and legs handle a high volume of stress every day; having the right shoes will help prevent exercise-related foot and ankle issues.

1. **Know your foot!**
   - Do you have a neutral gait? Do you overpronate or supinate? Understanding your personal pronation type is crucial to choosing the proper athletic shoes.
   - Most major shoe companies design models specifically for each foot type.
   - If you’re unsure of your foot type, many local running stores can perform a gait analysis.

2. **Running shoes are running shoes.**
   - Purchase shoes that are made for the activity you’re engaging in. For example, if you lift weights and run, have a pair of shoes for each activity.
   - Yes, your running stride differs from your walking stride, so use different shoes for each!
     - If you’re a walker, buy walking shoes (which are slightly stiffer).
     - If you’re a runner, buy running shoes (which have more flexibility/cushioning).
   - To get the greatest protection and support out of your shoes, use them only for their specific activity and nothing else.

3. **You get what you pay for.**
   - Price does matter when it comes to purchasing a high-quality pair of shoes.
   - Generally speaking, a $20 pair of sneakers will not offer as much protection or support as a more expensive pair of shoes.
   - However, the most expensive shoes – often endorsed by high-profile athletes – aren’t necessarily the best shoes for you.
   - Check out athletic shoe reviews online at websites like Consumer Reports.

4. **Replace your shoes on time.**
   - Running and walking shoes should be replaced approximately every 300 to 400 miles.
   - Listen to your feet, ankles, and legs. If they feel unusually sore after a walk or run, it might be time to purchase a new pair.
   - Pay attention to the wear on the treads of your shoes. If the tread has significant wear, it’s a good idea to move on to the next pair of shoes.

**Local Resources**
Road Runner: [http://www.roadrunnersports.com/](http://www.roadrunnersports.com/)