A Guide to Athletic Shoes

It’s important to have the right exercise footwear because they protect and support your feet as you put force on them. Different types of exercise will need different types of shoes because of the various movement patterns. A few examples of different athletic shoes:

**Running shoes:**
These have highly cushioned midsoles, rubber outsoles with elevated heels, and a great deal of flexibility in the forefoot.

**Walking shoes:**
The heels are lower in height, less padded, and more beveled than in running shoes.

**Aerobic dance:**
Shoes are flexible in the forefoot and have straight, non-flared heels to allow for safe and easy sideways movement.

**Court shoes:**
These shoes provide substantial support for moving side-to-side. The outsoles are typically made from white rubber that won’t damage court surfaces.

More tips!

- Shop at an athletic shoe or specialty store that has personnel trained to fit athletic shoes and a large selection of styles and sizes. Telling the salespeople about what you plan to use the shoes for helps them help you pick the right model!

- Shop later in the day, or after a workout. Your feet will swell during the day as you use them, so you’ll have a better idea of what they will feel like after exercising.

- Shoe sizes vary widely between brands, and often your running shoe size will be different from your regular shoe size. Don’t buy shoes that are too small; they won’t stretch over time!

- Some shoes offer more stability than others—if your feet tend to roll inward excessively, you may need those types of shoes. Again, ask the staff!

- Run and move around the store for a bit when you’re trying on the shoes. Your heels shouldn’t be lifting, there should be a little room where your toes are, and your feet should feel supported and stable overall.


Image: http://www.diversifiedhealth.ca/health-information/buying-new-running-shoes/