

CHOOSE THE CORRECT ATHLETIC SHOE

A lack of adequate foot support affects your whole body's alignment and will eventually lead to problems. Choosing the correct athletic shoe can help minimize injuries and pain.



In general, you can predict the most suitable athletic shoe based upon the outline that your wet foot would create on the pool deck.



If your outline looks like a full-width foot, you probably need a *motion control* shoe

to help control an over-pronating arch. This shoe is designed for people with low or no arches. Runners should avoid overly stiff motion control shoes as they decrease your perception of ground strike and can lead to new injuries.



If you leave an outline with a "skinny" midfoot, then a *cushioned* shoe may be your best choice. This shoe is designed for people with high arched feet. This shoe is more flexible and absorbs the shock created by the lack of foot pronation.



And if you don't fall into either of the two extremes, then a *neutral* shoe is your likely choice. This shoe is designed for people with normal arches and running mechanics. The shoe contains some cushioning to absorb shock and prevent injuries and some rigidity to avoid over-pronation.

Regardless of your shoe style, running shoes should be replaced every 250 miles.