

(Only) if the shoe fits

I'm sure the fairytale about Cinderella wasn't written with exercise in mind but the concept of only wearing the shoe that fits your foot has a lot of merit.

We all have different shaped feet and individual foot characteristics that result in some shoes fitting us better than others do. Especially when exercising, if we don't support our feet correctly then injury is just around the corner and injury is the greatest enemy against health and wellbeing success.

Most people are unsure of their foot biomechanics (characteristics) and therefore, when setting out to buy, don't know which shoe will suit them. Not all sport shoes are created equal and more often than not the cheaper the shoe, the less functional support it offers. Here's my checklist for shoe buying:

1, Be clear on what the shoe will be used for i.e. running shoe for running, court shoe for Netball etc.

2, Be realistic on the amount of use i.e. don't buy a high mileage running shoe if you only run twice a week

3, Choose a retailer that can assess your foot biomechanics and direct you to the make and models of shoes that support your feet correctly.

4, Don't go into the shop with a "price" in mind for what you want to pay. It's crucial to be supported correctly and there's no point in saving a few dollars if the end result is an injury that could cost more in the long run.

5, Finally choose a retailer who'll offer a trial period or money back guarantee for wearing the shoe e.g. www.shoeclinic.co.nz