

GET THE **RIGHT SNEAKS**

You don't have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.

Look for a shoe that:

- Provides support and cushioning for your activity and foot type (especially arch height).
- Is just flexible enough to bend near the ball of the foot.
- Offers stable heel support (the heel cup doesn't easily collapse inward).
- Has a thick enough heel to absorb shock.



BONUS ROUND

Replace the shoes when the tread is worn down or uneven, usually after 350 to 500 miles of running.

Size It Up:

- Get fitted at the end of the day, when your foot tends to be the biggest.
- Have your foot measured at an athletic store each time you buy shoes.
- Wear your usual athletic socks when trying on shoes.
- Allow a finger's width of space between your longest toe and the end of the shoe.
- Walk or run around the store in the shoes for about 10 minutes.

Eat Smart Move More Be Well