# Spring Training Part 1 – Shoes

Winter is finally over, the sun is shining, you grab your running shoes and head outside for the first run of the season. You feel great! After all, you have been doing regular online fitness classes, lifting your laundry jug weights, and even participating in the occasional Yoga session. The next day your knees hurt…. but it is sunny, so out you go running again! Getting out of bed the day after that second run is a mixture of gymnastics and acrobatics and it seems your lower back and hips have joined your knees in a moan & groan competition. What went wrong? Your cardio is surprisingly good from all those exercise classes and even your flexibility has improved with the Yoga. We will address some training issues in part 2 of this Spring Training series. Part one will look at your shoes.

**Shoes** – probably the most common question personal trainers get asked after, "which exercise is best for abs?" is "which shoes do you recommend?" The answer is the same, "it depends". Regarding Athletic Shoes:

- What type of activity will you be doing?
- How often will you be doing it?
- What kind of issues do you have with your body?
- Do you wear orthotics, a knee or ankle brace?
- Which shoes did you wear before, did you like them?
- What is your budget?
- Bring your shoes with you to the store so the fitting specialist can look at the wear pattern on your shoes. (these shoes in the photo look great from the top but look at the wear on the bottom.
- How often will you need new shoes? (that depends).

The "best" shoe is the shoe that works best for you. A shoe that fits your body dynamics and challenges, feels comfortable and meets your activity needs. Some people are very brand loyal and purchase the same style of shoe every time. Do you weigh the same as you did 10 years ago when you started wearing that favorite shoe? Just like wearing the same bra size for years ladies, you may need to get fitted by a specialist who can help you. Be open-minded to trying suggestions offered by in-store fit experts, as they are very educated on the latest shoe tech and the benefits for different activities and body types. After happily wearing the same shoe brand and model for over 20 years I tried a different brand at the suggestion of a savvy ***kintec*** fit expert and ended my shopping experience by skipping around the store chanting, "pillows of air, pillows of air!" I have been wearing the recommended shoe for almost 10 years now.

Our friends at ***kintec*** offer Curtis Health members a 15% discount with code "Curtis15". Register to receive emails and be notified of sales and read their great blogs at www.kintec.net.

*__Pro-tip__ – When "your" brand of shoe goes on sale, purchase two pairs so when your shoes look like the ones in this photo, you just need to walk to your closet to get a new pair!