

- Eighty-five percent of the public wears shoes that are too small. Running shoes may need to be a half to a full size larger than street shoes. Check for adequate room at the top. There should be at least a half inch of space between the top of the shoe and the longest toe. The shoe should have adequate room at the widest part of the foot. The shoe shouldn't be tight but it shouldn't slide around either, and your heel should fit snugly into the rear of the shoe.
- Try shoes on later in the day and bring the socks you normally run in. Try on several pairs of shoes in the category closest to your foot type. Make sure you try on both shoes and keep them on your feet for about 10 minutes to make sure they remain comfortable. Most good stores will allow you to run up and down the block to experience what running will feel like.
- Consider purchasing two pairs of running shoes. Alternating their use increases the life expectancy of each pair.
- Once you've purchased new shoes, don't try them out for the first time with a 12-mile run or a heavy track workout. Rather, run easily in the shoe for only a short distance. The key point is to have sufficient time to break the new pair in through logging around 60-70 miles.

After you have wisely selected your new running shoe, take it home, put it on and enjoy the run!

A Complete Physical Activity Program

A well rounded program of physical activity includes aerobic exercise and strength training exercise, but not necessarily in the same session. This blend helps to maintain or improve cardiorespiratory and muscular fitness and overall health and function. Regular physical activity will provide more health benefits than sporadic, high-intensity workouts, so choose exercises you are likely to enjoy and that you can incorporate into your schedule.

ACSM's physical activity recommendations for healthy adults, updated in 2007, recommend at least 30 minutes of moderate-intensity physical activity (working hard enough to break a sweat, but still able to carry on a conversation) five days per week, or 20 minutes of more vigorous activity three days per week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. Typical aerobic exercises include walking and running, stair climbing, cycling on a stationary or moving bike, rowing, cross-country skiing, and swimming.

In addition, strength training should be performed a minimum of two days each week, with 8-12 repetitions of 8-10 different exercises that target all major muscle groups. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines.

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Prior to beginning any exercise program, including the activities depicted in this brochure, individuals should seek medical evaluation and clearance to engage in activity. Not all exercise programs are suitable for everyone and some programs may in fact result in injury. Activities should be carried out at a pace that is comfortable for the user. Users should discontinue participation in any exercise activity that causes pain or discomfort. In such event, medical consultation should be immediately obtained.

Selecting and Effectively Using

A Running Shoe



**AMERICAN COLLEGE
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Staying Active Pays Off!

Those who are physically active tend to live longer, healthier lives. Research shows that even moderate physical activity—such as 30 minutes a day of brisk walking—significantly contributes to longevity. A physically active person with such risk factors as high blood pressure, diabetes or even a smoking habit can get real benefits from regular physical activity as part of daily life.

As many dieters have found, exercise can help you stay on a diet and lose weight. What's more, regular exercise can help lower blood pressure, control blood sugar, improve cholesterol levels and build stronger, denser bones.

The First Step

Before you begin an exercise program, take a fitness test, or substantially increase your level of activity, make sure to answer the following questions. This physical activity readiness questionnaire (PAR-Q) will help determine your suitability for beginning an exercise routine or program.

- Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
- Do you feel pain in your chest during physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness? Do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
- Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. If you answered no to each question, then it's likely that you can safely begin fitness testing and training.

Selecting a Running Shoe

One Shoe Fits All?

Not necessarily! There are numerous brands and styles of shoes on the market today; however, there is no one best brand. Running shoes should be selected after careful consideration. Some factors to keep in mind when looking for a new shoe include past experiences with shoes, problems with your current shoe, biomechanical needs (arch type, pronation, orthopedic injuries, etc.), environmental conditions, and running and racing requirements. It pays to do a little homework.

The Characteristics of Your Foot

First, you need decide what shape of shoe you need based on your foot type. A stability shoe works best for a normal foot with a normal arch, a motion-control shoe is good for a flat foot with a low arch, and a cushioned shoe works for a rigid foot with a high arch.

The Wet Test: Moisten your foot with water and stand on any surface that will leave an imprint of your foot.

Normal Arch:

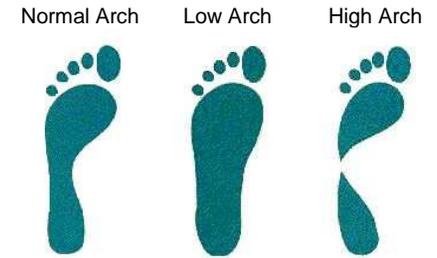
Has a normal-sized arch and leaves an imprint that has a flare but shows the forefoot and heel connected by a wide band. A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Runners with a normal foot and normal weight are usually considered biomechanically efficient.

Low Arch:

Flat feet have a low arch and leave a nearly complete imprint of the sole of the foot, and indicate an overpronated foot that strikes on the outside of the heel and rolls inward excessively.

High Arch:

High-arched feet leave an imprint showing a very narrow band connecting the forefoot and heel. This type of foot doesn't pronate enough (underpronated), and therefore is not an effective shock absorber.



Check Out Your Old Shoes: Old shoes show a pattern of wear that helps determine running style. Examine the soles of your shoes for a pattern of wear. Next, put your shoes on a table and look from the back of the shoe to the heel. If your shoe tilts to the inside, you may be one who overpronates. If your shoe tilts to the outside, you may have a high arched foot. Keep in mind that these are guidelines and that not every foot is absolutely one of these types.

Guidelines for Purchasing Shoes

Purchase running shoes from a good running shoe store or from someone knowledgeable about matching the correct type of running shoes based on your foot type and stride pattern. They can help you with fit as well as specific characteristics of the shoe for which you are looking. They can also keep you informed of manufacturing changes in your favorite brand of shoe.

Watch for shoes with excessive wear. Worn shoes often amplify a foot problem and injuries can occur when a shoe is worn too long before being replaced. Analyze the need to purchase new shoes based on the number of miles on your old pair of shoes, not by the amount of tread left on the outer sole. It varies among shoes and individuals, but most estimates place mid-sole breakdown, and the increased potential for injury, at around 400-500 miles. For some, this means replacing shoes before they show major wear.