

Are you wearing the right shoes for your workout?

Shalendra is a certified Jazzercise Instructor and Jazzercise franchise owner. She teaches weekly fitness classes that include dance aerobics and strength training using weights, resistance tubes, and stability balls. She also instructs Personal Touch classes that explore additional forms of exercise such as yoga, plyometrics, pilates, etc ... Shalendra has a passion for helping women achieve their personal fitness goals and finding an exercise regimen that is fun, fulfilling, and challenging. Contact Shalendra at sylestial@hotmail.com

With just about any exercise routine, you will need to wear sneakers (excluding yoga, Pilates, etc). Athletic shoes support your ankles and prevent your bare feet from stepping on sharp objects. Plain and simply put, they help you avoid injury. However, simply jumping into your latest pair of kicks doesn't mean you're ready to hit the gym. Choosing a pair of athletic shoes is sort of like buying a car. You've got to pick the right style and know your mileage or you'll run out of gas soon.

The first and most important fact you need to know is that you must purchase athletic shoes made specifically for your exercise routine. Buying a shoe because it's attractive isn't going to cut it. Cross trainers aren't acceptable for long distance running; tennis shoes aren't made for cycling. Each type of shoe is ergonomically designed to optimize performance, protection, and comfort. Therefore, to get the best fitness results, you need to use the shoe specific to your exercise regimen.

Secondly, you need to be aware of how many miles you can get out of a pair of sneakers. With running and walking shoes, you can literally count the number of miles that you've traveled in them. The American Academy of Podiatric Sports Medicine recommends replacing walking and running shoes every 300-500 miles. Since, it can be difficult to remember shoe mileage, Fitness Magazine recommends using a permanent marker to write the date of purchase on the inside arch of your sneakers. From there, you can just estimate the number of miles you run per week and project when you need to purchase your next pair of shoes.

With exercises like aerobics, cycling, and tennis, you will need to count the number of hours you've worked out in the shoes. Some experts recommend replacing the shoes as quickly as every 30 hours, some recommend up to 120 hours. You can also determine when to get new shoes by looking at the mid-soles. Once the mid-soles begin to wear or small creases appear in the arches of the shoes, you should replace them.

Finally, make sure the shoes you purchase fit comfortably. They should have the right amount of cushioning and shock absorption to support your exercise. They should support your ankles, and they should fit properly depending on the sport. I recommend seeking a store that specializes in athletic shoes. Luke's Locker Foot Locker and other athletic shoe stores in Dallas provide the level of customer support you need to make the right purchase choice. The store attendants may measure your feet, analyze your gait, and inquire about your exercise routine to guide you to the right pair of shoes.

Though we exercise to stay fit, healthy, and young, we may damage our bodies if we don't take the proper precautions. Before you leave for your next workout, perform a maintenance check on your athletic shoes. Make certain that you've got the right sneakers and they're gassed up and ready to get your engine (your heart) racing.

Shalendra is a certified Jazzercise Instructor and Jazzercise franchise owner. She teaches weekly fitness classes that include dance aerobics and strength training using weights, resistance tubes, and stability balls. She also instructs Personal Touch classes that explore additional forms of exercise such as yoga, plyometrics, pilates, etc ... Shalendra has a passion for helping women achieve their personal fitness goals and finding an exercise regimen that is fun, fulfilling, and challenging. Contact Shalendra at sylestial@hotmail.com

About the Author

Client Testimonials Ocean Pilates Studio Santa Monica California

Certified Pilates Instructors and Gyrotonic Trainers in Portland

Pilates trainers Sell Offers - pilates trainers manufacturers

Pilates Trainers , Marshall Eklund Pilates Studio, Jerome

Pilates For Back Injuries

Pilates Trainers - Genesis Health Clubs

Pilates trainers Pasadena California

Pilates Training Program Design: A Discussion About Client Safety

Pilates Trainers , Marshall Eklund Pilates Studio, Alyssa

North Boulder Pilates - Trainers - Find details of pilates

