

# Tips for buying the right sports shoe

## Buy shoes designed for the activity you want to do

Getting the right shoe really cuts down on the likelihood of suffering a sports-related injury. Make sure that you buy a shoe that is designed for the activity you are doing:

### Running shoes

Running shoes are designed for just that – running! They are very flexible, which enables the foot to bend and flex through each step. They have increased shock absorption for when the heel strikes the ground and are designed for forward motion.

### Cross trainers

Cross trainers are much stiffer than running shoes and provide greater support for the foot when side-to-side movements are made, allowing them to be used across a range of sports, such as tennis, basketball and aerobics.

### Sports shoes

General sports shoes are designed for tennis, basketball etc and give a combination of flexibility and sideways support.

### Fitness shoes

Fitness shoes are designed for aerobics or dancing, and combine flexibility with support and incorporate cushioning to lessen the effect of shock generated during high-impact work.

## Buy the right size shoe

A common mistake is to buy trainers that are too small. Shoe manufacturers produce trainers designed for people with low arches and high arches. It's vital that sales staff recognise this and provide the right shoe for the type of foot, so buy trainers from a specialist sports shoe shop where the staff are trained in fitting.

1. Try on both shoes and walk a few steps to see if they pinch or rub.
2. Leave 1 cm of room from the top of your longest toe to end of the shoe.
3. Aim to buy your trainers in the late afternoon/ evening as this is when feet are usually biggest

Finally, remember, your feet should not hurt. If you are in pain or need foot health advice visit a podiatrist.

For more information on footwear, foot health or to find a local podiatrist visit [www.feetforlife.org](http://www.feetforlife.org)

