

How to Find the Running Shoe That Fits

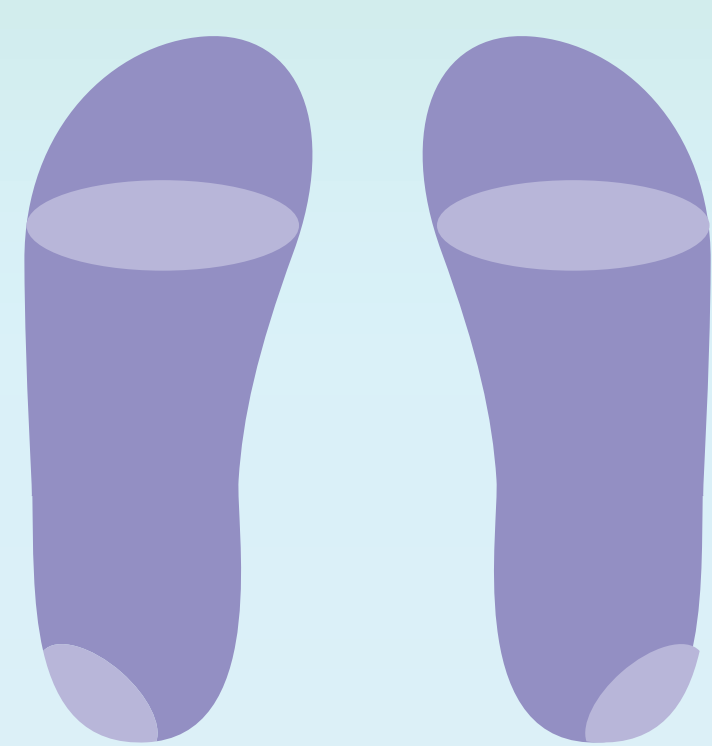


Bare Your Sole

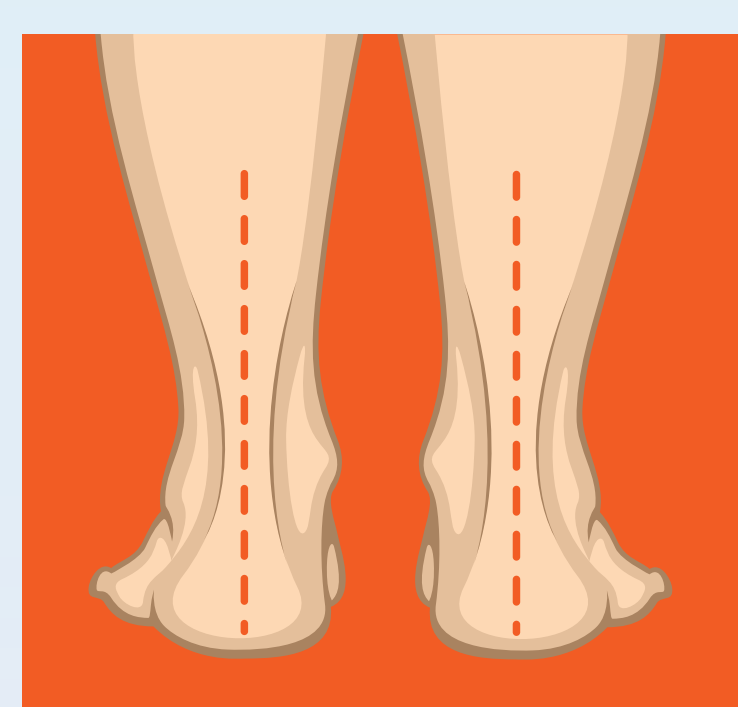
Pronation:

The natural movement of your foot from side to side when you walk or run.

Check the wear pattern on a pair of well-worn shoes to determine how you pronate.



Neutral Pronation



Your bodyweight is equally distributed between the balls of your feet and your heels.

Injury Risk:

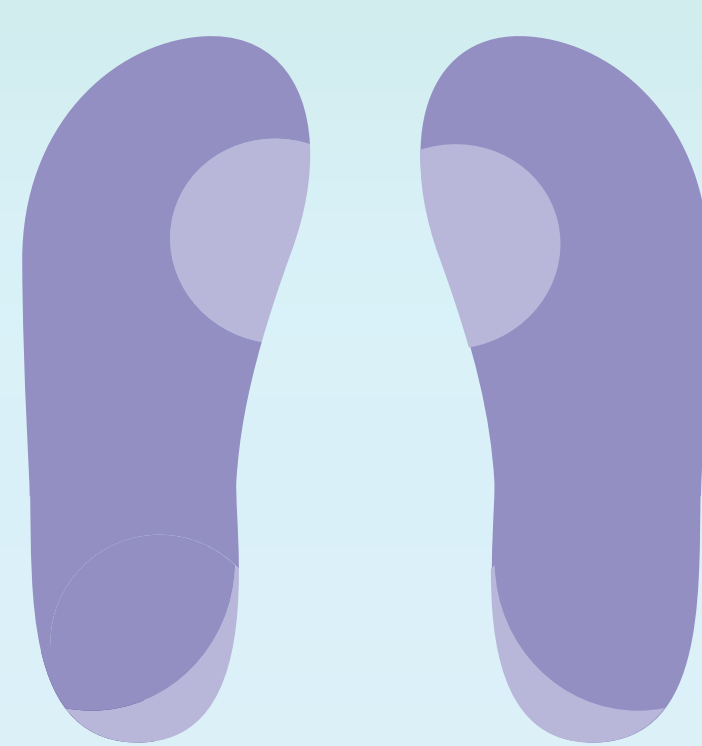
Less likely to sustain injury (but still susceptible)

Foot Profile:

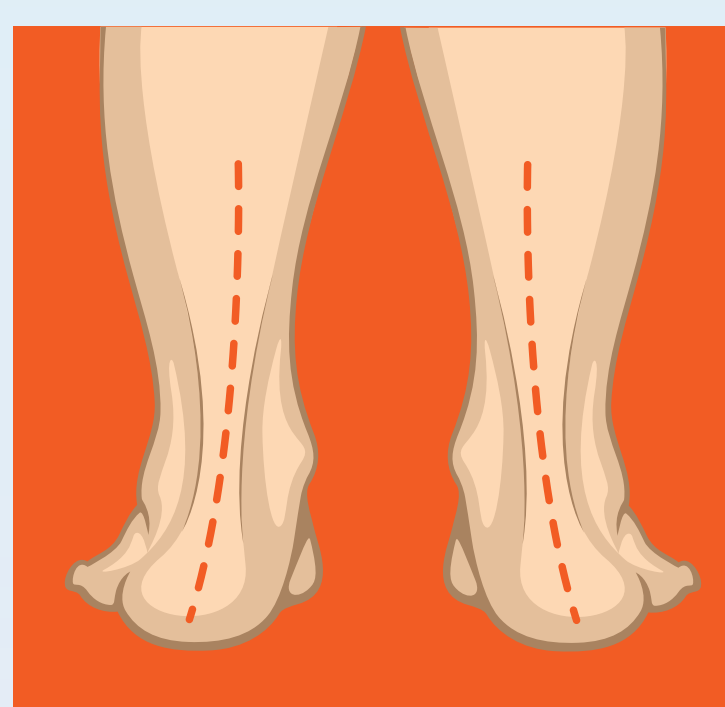
Normal arches

The Right Fit:

Neutral shoes with shock absorption, barefoot shoes or minimalist shoes



Overpronation



Your feet roll inward.

Injury Risk:

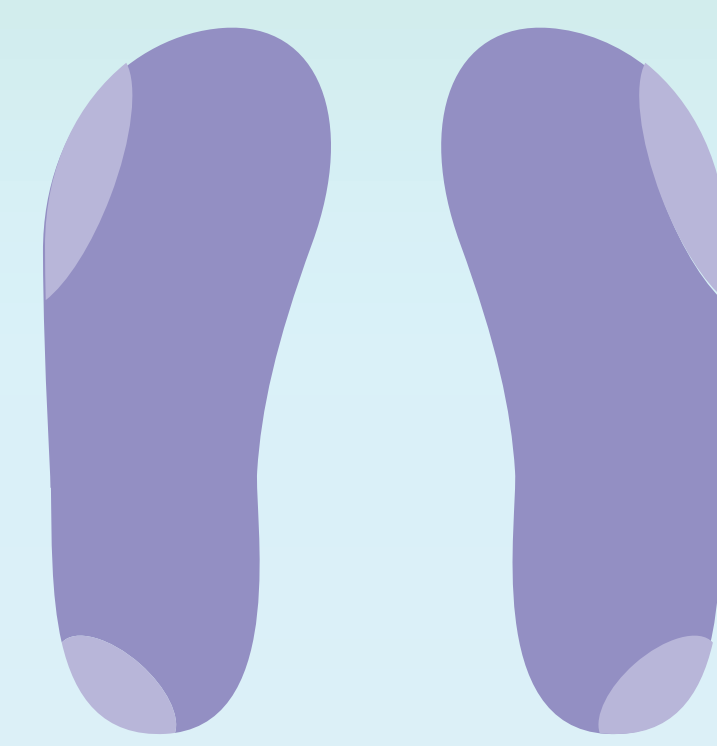
Shin splints, plantar fasciitis, development of bunions, heel spurs

Foot Profile:

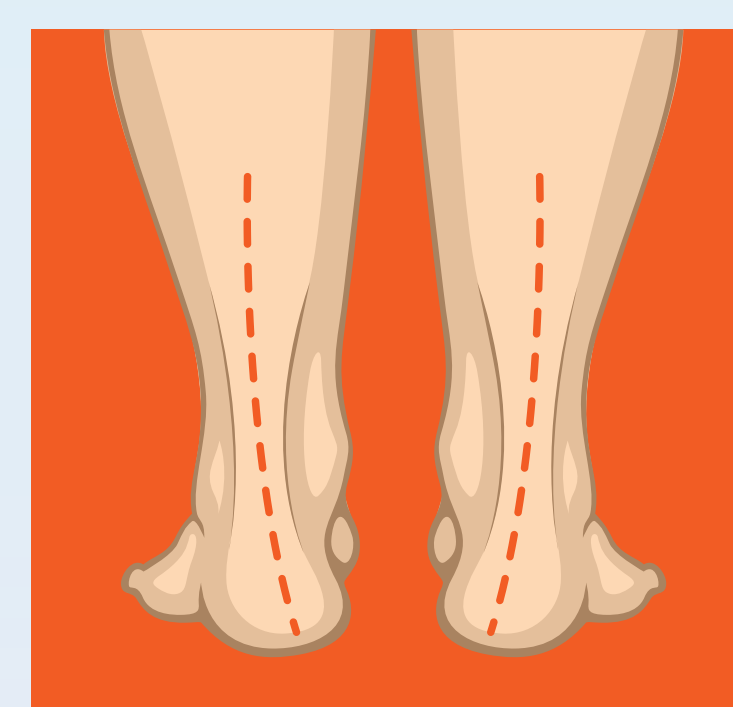
Low arches or flat feet

The Right Fit:

Stability shoes with stiff midsoles for arch support to prevent your ankles from rolling in



Underpronation



Your feet roll outward.

Injury Risk:

Plantar fasciitis, shin splints, ankle sprains

Foot Profile:

High arches

The Right Fit:

Neutral shoe with extra outsole cushioning to prevent your ankles from rolling out

