

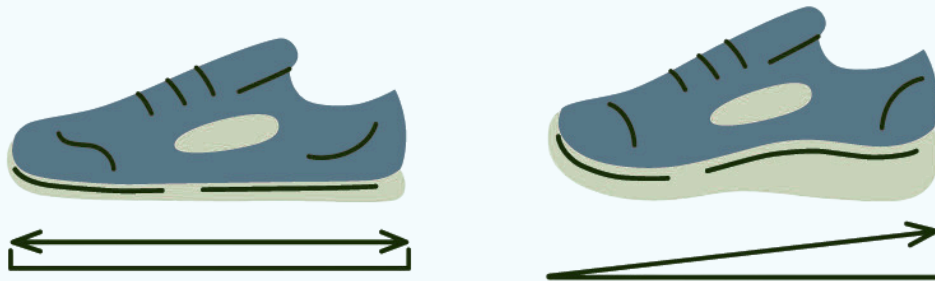
STEP RIGHT

Choosing Your Ideal Athletic Shoe

When shopping for new athletic shoes, look beyond just the shoe size, width, and flexibility. Consider how each feature helps evenly distribute weight across your foot, ensuring comfort, support, and optimal performance for your specific needs.

SHOE DROP (HEEL-TO-TOE DROP)

Definition: Shoe drop refers to the height difference between the heel and the toe of the shoe.



LOW DROP (0-4 MM)

Best for those who strike with their midfoot or forefoot. Suitable for experienced, occasional runners and those practicing natural running styles.

MEDIUM DROP (5-8 MM)

Offers a balance, suitable for many runners, especially if transitioning from high to low drop shoes.

HIGH DROP (>8 MM)

Ideal for heel strikers, offering enhanced heel cushioning. Useful for higher-mileage distance runners and runners with tighter Achilles tendons or those prone to heel pain.

ARCH SUPPORT

Definition: The level of support provided under the arch of the foot.

HIGH ARCH SUPPORT

Ideal for individuals with high arches, helps distribute pressure evenly.

MODERATE ARCH SUPPORT

Suitable for most people, providing sufficient support without overcorrection.

LOW ARCH SUPPORT

Best for those with normal arches, promoting natural foot motion.

SHOE TYPES

MOTION CONTROL/ MAXIMALIST

Designed for severe overpronators, they offer maximum rear foot control and extra support on the medial (inner) side of the foot. Beneficial for individuals with flat feet or severe overpronation. Ideal for walking and jogging.

STABILITY

Suitable for mild to moderate overpronators, they offer a good balance of cushioning and support. Great for people with mild to moderate overpronation and for sports that require a mix of running and lateral movement, like soccer or tennis.

NEUTRAL

Best for individuals with a neutral gait, meaning no excessive inward or outward rolling of the foot. This shoe offers cushioning and support without altering the foot's natural motion. Suitable for people with a neutral gait or high arches, it is often preferred in long-distance running due to its lightweight nature.

SUPER SHOES

Featuring advanced technology like springy graphite plates and exaggerated toe springs, Nike Vaporfly® and Alphafly® can boost speed and efficiency. Designed for competitive racing, these shoes enhance energy return and limb length but should be used carefully to avoid potential injuries.

