

## The size of the shoe and not only: by what parameters you need to select sneakers for running

Correct selected sports shoes will give you not just comfort, but joint health. Also, such sneakers will make training more efficiently and increase motivation for training.

**The type of foot.** When walking and running, someone steps on the heel, someone-on the toe, someone-on the front of the foot or “floods” the leg inside or out. There is also a variant of the norm – when the load is evenly distributed. It is important to understand how exactly you walk and how your load is distributed.

**Running sneakers.** If you select shoes for running, then you need to first pay attention to parameters such as depreciation, flexibility and weight of shoes (if you run for a long time, then take stable models), sole (you need sneakers with smooth and cloudy sole, for paths and intersected areas – with a deep protector).

**Fitness shoes, cardio, hall.** In this case, stability is most important. But if you have dynamic training (with jumps, steps or aerobics), then take models with lateral support.

**Size.** Running sneakers should be a little more than everyday shoes. Between the thumb and the toe should remain 0.5-1 cm. Try the shoes on both legs and at the end of the day. So you will choose it more precisely.

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**Other important points.** In the warm season, shoes should have good ventilation. The lacing should be dense, but not tight. In addition, it is better to buy one pair of expensive shoes, which will last a long time than two pairs of cheap, after which you will go to an orthopedist. If possible, also buy sneakers live, not online.

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