



How to Choose the Right Sneakers

Few helpful tips to help you choose the sneakers that best fit your running needs.



Shop for the activity you are pursuing:

Sneakers can vary in design from general everyday use (walking around) to sport-specific sneakers (like general running, trail running, track running, etc.) Pick the sneakers that will best suit your goal.



Go to specialty stores for expert advice:

Specialized athletic shoe stores have staff that is most knowledgeable about choosing the right sneakers for you.



Try to buy your sneakers at the end of the day:

Your feet are most swollen by the end of your day and that should be the time to try them on. This will insure your new shoes will fit you comfortably even at the worst time of the day.



Get both feet measured:

Your feet might be slightly different in size. You want the shoes to fit your bigger foot. Always try shoes on standing. This will insure the best fit on your feet since weight pressure causes the feet to slightly expand.



Allow extra space for your toes:

Cramped toes make for painful stride. Choose your running / walking sneakers about 1/2 to a full size bigger than your true size. This allows your toes ample space to be comfortable. It will also accommodate space needed for socks and feet swellings.



Take a walk:

Most shoe stores have plenty of space for customers to walk around and try their new sneakers before buying them. Go ahead and take them for a "test drive." Walk, jog, jump around, and try them the way you are going to use them.