

HOW TO CHOOSE THE BEST CROSS-TRAINING SHOE FOR YOU

Cross-trainers provide comfort, stability and protection for a large variety of sports and workout regimens. And, knowing how to choose the right cross-trainer for your feet can make your workout even more pleasant.



ARCH

Keeps Your Feet in Position

- Have a normal or high arch? Choose cushioned cross-trainers. These offer more protection and keep the foot in a solid position.
- Have a flat arch? Pick stability shoes. These help force your feet into a more natural position.

OUTSOLES

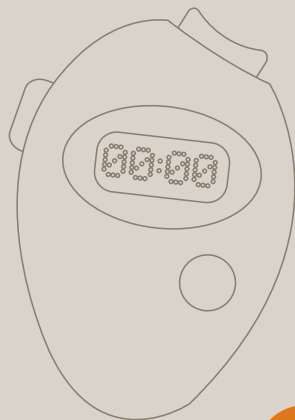
Provide Cushion and Absorb Impact
Look for thick, wide soles that allow for stability in side-to-side movement.



Buyers' TIPS

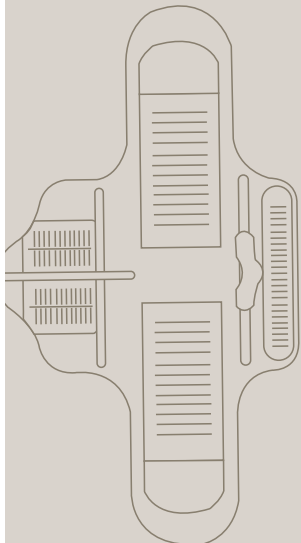
TIMING

- Aim to replace your shoes after 80 - 100 workout hours.
- Shop for shoes in the afternoon. Your feet are bigger later in the day.



FIT

- Leave 1/4-inch of space between the top of the longest toe and the end of the shoe.
- Shoe should be wide enough so the foot doesn't stretch the upper.
- Heel may move but should never slip in and out of the shoe.
- Choose shoes that are comfortable. Don't rely on a "break-in" period.



UPPERS

- Need extra ankle support? Choose leather uppers.
- Have sweaty feet? Go with mesh uppers, which allow your feet to breathe.

THE UNIVERSITY OF TEXAS

MD Anderson Cancer Center

Making Cancer History®