

WV Wellness

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Mind, Body and Spirit

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Is Your Footwear Sabotaging Your Efforts?

Whether its walking, strength training, balance class, tai chi or playing tennis your performance and comfort level is drastically affected by what you choose to put on your feet. Shoe selection is critical when it comes to not only enjoying your activities but also your performance in those activities. Vitally important is the recognition that not all shoes are right for all people. You should let proper fit guide your selection when it comes to the right shoes for the right activities.

Knowing your feet is the first step in the selection process. Once you can recognize all the unique qualities of your feet you will gain much insight into what the right style and fit will be for you. For instance, do you have wide or narrow feet? Do you have calluses or bunions on a particular location on your foot? You may find that what you think you need and what you really need are quite different.

It helps to have some idea about shoe features and how they affect your feet and performance level. Features such as the shape of the shoe, heel counter, forefoot positioning, toe box and the materials the shoes are made of all play a significant role. A skilled podiatrist or physical therapist can help make recommendations on the best fit for you.

Day in and day out individuals exercise in dress sandals, shoes that are too old to provide any support and or cushioning, wearing improper socks/stockings, shoes that are too big or too small, etc. Your performance in regards to balance, stamina and other features are greatly related to the interaction between your shoes and your feet. So ask yourself question next time your feet are aching or you find balance and or stability problems, "I wonder if I need new and or the right kind of shoes?" It can be the difference between comfort and success or pain and failure.

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Willamette View

TIPS FROM THE TRAINER

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Are you getting enough rest?

More specifically, are you getting enough rest between your sets and exercises when you are doing your strength training? Did you know the rest time in between your sets and exercises is crucial to your success? Too little rest in between your sets will not allow sufficient recovery for your next set and or next exercise. Have you ever felt "weak" when it comes to that second or third set? Many times its just because you didn't rest long enough. This also can seriously impede any strength gains you are trying to achieve. It's advisable to meet with your personal trainer to discuss what is the appropriate rest time for you in your workouts.

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