

Thanks to today's shoe technology you don't have to endure foot pain

Arch webs and rollbars add torsional stability

Is proper footwear really that important? If you ask a runner who has experienced plantar fasciitis or Achilles tendonitis, they will agonizingly say yes.

If you ask the Bruce Trail walker who accidentally rolled their ankle on a tree branch, both the walker and their physiotherapist would also agree.

Until most of us endure a foot-related injury, we may not pay much attention to what's on our feet. Unfortunately, complications such as fallen arches are much more wide spread these days as younger generations choose to wear fashion footwear such as skate boarding shoes. Now we don't mean to make things sound all doom and gloom. The good news is, help is available.

With proper treatment like physiotherapy and lots of ice, the sports-related injuries can heal quite well. The shoes of today are designed with such features as removable insoles and deep heel counters to accommodate orthotics, as well as a variety of support systems. Extra cushioning is now being placed into the midsole creating a lighter shoe and better performance. Arch webs and rollbars add torsional stability and rigidity to the shoes.

It's amazing the technology that is available today compared to the days of "Shoe Goo".

An interesting tidbit: there are 206 bones in the body, 26 bones in each foot. One quarter of the bones in the entire body reside in your feet!

Now add the fact that we humans do not contain bilateral symmetry, so no two feet are the same. Yes, our feet are important and they are the only two we have. So proper fitting shoes are important, especially if you are among the majority who has an extra wide or narrow foot. Companies such as New Balance and Dunham, provide widths from 2A narrow up to 6E wide.

Now that you know that proper footwear is here in Georgetown, what activities can you take up?

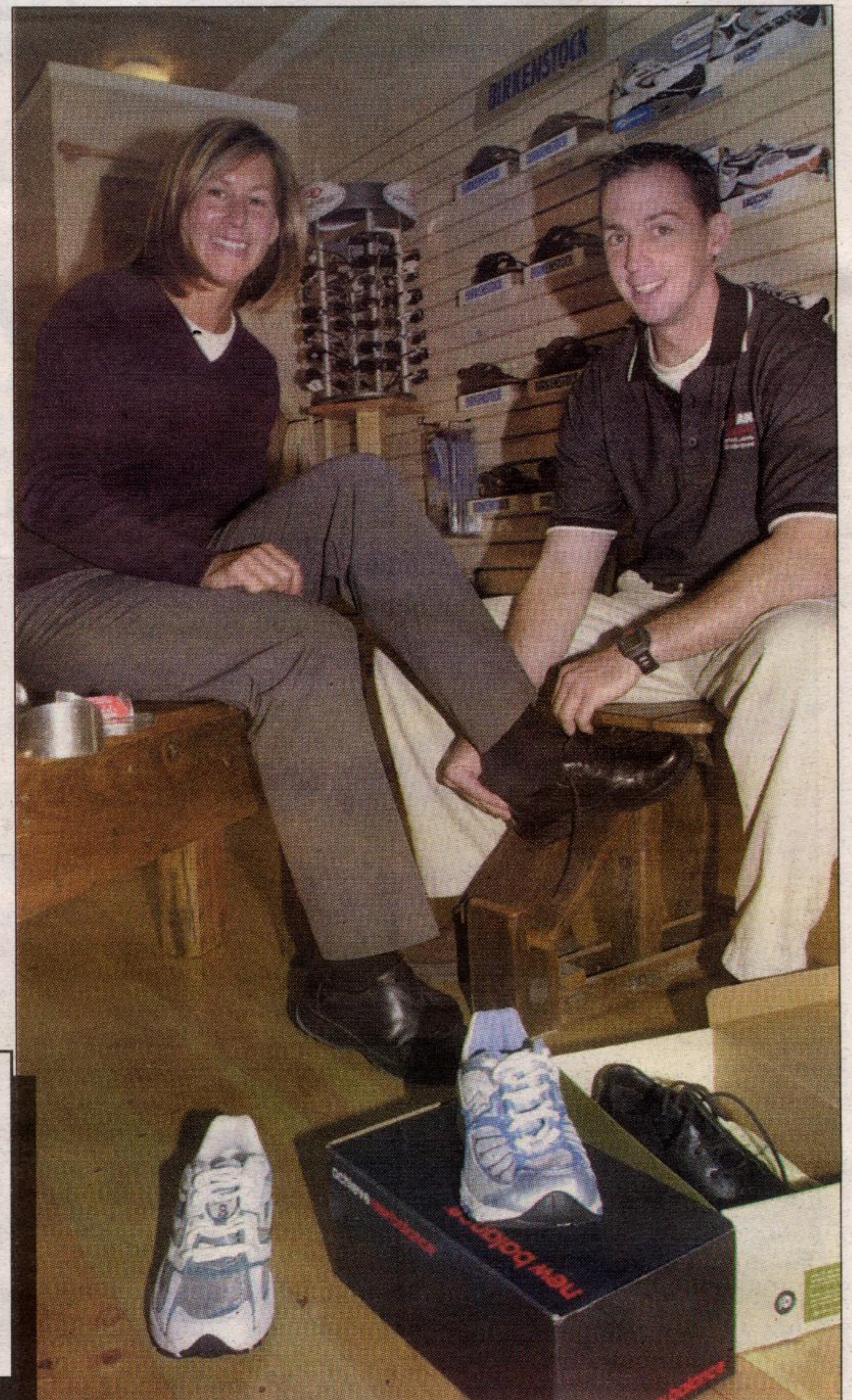
The fall is the perfect season to visit the Bruce Trail, start power walking, or for those who wish to run, join us here at Feet In Motion and join a Learn to Run Clinic.

Whatever your activity, look after your feet and listen to your body. If it hurts, fix it!

—Article supplied by Feet In Motion, Georgetown

Liz Owen and Brad Mailloux, co-owners of Feet in Motion, try on some of the many styles and types of footwear they have available at their 49 Main Street South, Georgetown store. Advancements in footwear technology have reduced foot injuries and also made it easier to recover when an injury does occur.

Photo by Ted Brown



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