

Tennis Shoe Health

Do you know when it's time to breakdown and get new kicks? Most tennis shoes last up to 500 miles, but they could be breaking down more quickly if you are not saving them for activity and sports-specific activities. Follow these tips see if it's time to go shoe shopping:

- Do a press test on the inside to see if there is still some spring in the support
- Examine the wear and tear. Take note of physical changes caused by excessive use
- Pay attention to the way they feel. If you have radiating pain from your feet interfering with physical activity, it's time to grab a new pair of shoes
- If you engage in several types of physical activity, it is a smart choice to have athletic shoes for each activity. Rotating activity and sport-specific shoes keeps you from breaking down one pair of shoes more quickly, and will promote better overall muscle and joint health
- Take them off properly. Yes, it will take a little extra time, but it will increase the life of your shoes. Untie, loosen the laces, and pull them off with your hands.
- Use them for exercise ONLY. If you plan to run errands, or wear these shoes every day you should purchase a separate pair just for exercise.

