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Choosing The Right Womens Athletic Shoes – (Part 1)

By Bowe Packer

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The days that women laced up their only pair of womens athletic shoes to go running, play tennis or play volleyball are over. With todays technology and a better understanding of human conditioning, womens shoes come in a wide variety serving many purposes. Owning more than one pair of athletic shoes for women is now a must if you do more than running.

As women go shopping for a pair of athletic designer shoes today they must understand it is a whole new ball game and another world. The mantra "One size fits all" doesn't work anymore . The multibillion–dollar industry offers an overwhelming number of styles, brands, colors, attributes and prices to choose from.

Should you run out and splurge on the latest pair of Adidas athletic shoes? Are they really better than the Reebok, Brooks or Puma athletic shoes? Not necessarily — the more expensive a pair of womens shoes are doesn't mean the shoes will fit you better and be comfortable. Women should pay special attention to comfort, not design or price. When choosing the right pair of shoes from your favorite athletic shoes store that basing your selection on comfort will save you pain and money in the long run.

The Internals Of An Athletic Shoe

Now let's run down the internals of an athletic shoe. Understanding these parts will bring you a clarity to what you are looking for in that perfect running, tennis or soccer shoe.

Insole – This is the portion of the sole that fits inside the shoe to provide cushioning and arch support.

Last – This component of the shoe is the footprint that the shoe is built around. The last comes in a curved, semicurved or straight style.

Outsole – This the outermost portion of the sole, hence the name, that makes the contact with the ground and is treaded for traction.

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Upper – Top part of the shoe where the laces reside, fancy designs and bright colors that keep the shoe intact and keeps it wrapped around your foot during your athletic activity.

Midsole – Is usually the only real padded region that lies between the insole and the outsole and provides your foot with comfort, cushioning and shock absorption.

Counter – This region is located around the heel of the shoe and is rigid that provides the stability of the athletic shoe and keeps the heel of the foot in its proper place.

Toe box – Located at the tip of the shoe that gives the toes wiggle room.

Heel tab – Notched area of the ankle collar that reduces stress on the Achilles tendon.

Ankle collar – The region that is around the ankle and is padded for fit and of course comfort.

So, with this information you are now armed with some basics that should make your search at the athletic shoes stores to be more productive.

Remember, comfort in your designer athletic shoes should be priority number 1. With this in mind it should be such a mystery as to what athletic shoe for women is right for you.

Stay tuned to part number 2, where we will go into further detail and tie it all together as to what shoes are right for what athletic activity.

Bowe Packer is the Webmaster and content provider for <http://www.clothes-4u.com>. His website: <http://www.clothes-4u.com> is dedicated to providing free fashion advice and tips for women. Offering excellent tips and strategies for women to look good in the areas of Casual, Petite Size, Plus Size clothing, as well as dress, athletic and casual shoes. You can reach him at: bowe@clothes-4u.com.

Online Shoe Stores Carry A Wide Variety Of Womens Athletic Shoes To Choose From

By Bowe Packer

Women who are excited about sports whether it is running, softball or volleyball need the right kind of athletic shoe. This is especially true when it comes to running. There is a wide selection of womens shoes to choose from when looking for an athletic shoe.

The purpose of an athletic shoe is to protect the foot from the stresses of your sport, while permitting the athlete to achieve her maximum potential through maximum effort. This of course is accomplished much better when you have selected the right shoe from the right shoe store.

Despite the fact that in some parts of the world athletes run and participate in sports barefooted, most of us require and benefit from the use of sport specific shoes. An athletic shoe that is built and designed with the sport in mind.

Choosing The Right Womens Athletic Shoes – (Part 1)

The concept of "Sport Specific Shoes" is an important one. It means that if you are a sports fanatic and participate in multiple sports you need an athletic shoe that is specific to each of those sports. If you lift weights, play tennis, perform aerobics, run 20 miles per week, cycle, play golf and mountain climb, do yourself a big favor and don't try to make your cross trainers do it all. Just skip the cross trainer and get yourself shoes that are specifically made for each sport.

Online shoe stores offer any and all kinds of athletic shoes that will cover all your sports needs with the convenience of making that selection from home. But, don't forget to do your homework and understand your sports shoe need before the selection and purchase.

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Looking For Womens Dress Shoes? Then Online Shoe Stores Will Have What You Want
Looking For A Great Casual Womens Shoe? Then Online Shoe Stores Are For You
Choosing A High-Quality Pair Of Womens Dress Shoes
Is There Room In Your Closet For Women's Casual Shoes?

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