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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

When Your Sneaker Is A 'Shoe In'

By Dana Bradley

The foot is an important element from our anatomy, it is essential in order to travel on foot.

Without appropriate shoe selections we can have several problems, not only can the feet go become damaged, the vertebral column, the hips and all the bones, tendons and sinews are connected to the feet.

First, you must decide what your needs are in a shoe. What kind of sport shoe do you need? Is this for comfort or for fashion? If comfort is your main focus, don't spend too much time on selecting the color or design.

Once you finally make your selection, your shoes must adapt to the feet, not the opposite. Meaning, if you see a shoe design that is a must have and you try it on and your feet can barely fit into the shoe—there are more fish in the sea...in other words, there are more shoes on the rack to choose from. Don't compromise your comfort.

The following information are examples of shoe types:

- The sneaker: is an athletic shoe, made for running, boating, basketball and tennis.
- The boating shoes have soft soles and heels for don't damage the boat.
- Boot-sneakers are for dress than for sport. Remember hi-heeled sneakers from the 1990's.
- Golf Shoes: the difference is that they have spikes, for grip the ground and grass; now the spikes are made of synthetic plastic.
- Skating: are a variety of styles: ice-skating, roller-skating, in line-skating and hockey.
- Dance: here is several differences, almost every style have different shoes:

For Instance:

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– For classic ballet: dance shoes have (really light), point shoes. – For jazz, contemporary ballet, dance shoes (not as light as for classic ballet). – For Flamenco, Tango, and some Latin–American dances: shoes with heels. – For Country, dance cowboy boots. – Climbing: design for the adaptation to the materials use in this sport. – Cycling: Has special metal materials for the pedals.

Its not only important to choose the appropriate shoes for the specific sport, the quality, the transpiration and in some sports it is quite important the amortigation prevents lesions. (The adjustment can be with cords, Velcro or elastics.)

The life of a sport shoe is about 800 and 1.500 kms, that doesn't mean that you have to count the kilometres you make but if you are constantly standing or walking throughout the course of the day, don't use the same shoes for a long period of time.

Dana Bradley writes about

<http://www.onlineshoesdepot.com/Coupons/Payless%20Shoes.html>

,

<http://www.onlineshoesdepot.com/>

and

<http://www.onlineshoesdepot.com>

Five Ways to Break In Party Shoes

By Kathryn Finney

1. Wear them around the house for at least 2 days, with a pair of thick white cotton athletic socks, using either sandpaper or a sidewalk to slightly scuff the bottom.
2. If they're leather, waterproof the outside of the shoes, then soak the entire pair underwater for about 2 minutes. Wearing a pair of thick white socks, walk around your house until dry. The shoe will mold to your foot. Caution: Don't try this with an expensive pair, or light–colored shoes.
3. Purchase a pair of Dr. Scholl's Heel liners, available at you local drugstore, and place them on the inside heel of the shoe. The liners help not only to break in the shoe, but also to keep your heels from slipping and rubbing.
4. If the shoe is particularly tight or stiff, grab it by the heel and gently knead it back and forth to loosen the sole, being very careful not to break the sole.
5. If all else fails, purchase a shoe stretcher, a device similar to a shoe tree that helps stretch tight

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shoes. This device can be purchased from your local shoe repair shop or shoe store.

Kathryn "The Budget Fashionista" Finney is the founder and Editor in Chief of Kate Magazine and The Budget Fashionista— two popular online shopping magazines. She is also the Chief Shopping Officer of TBF Group, LLC, an internet based company focused on providing the best shopping and fashion advice on the web. Known as "the stylist to the cheap," Kate has been around the world searching for the best bargains on designer goods, and is willing to get the bargain by any (legal) means necessary.

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