

MY FAVORITE FITNESS SHOES

SHOES

Unless you plan to only walk or only run, make sure to buy a good pair of cross-trainer designated shoes. Walking and running move in one plane: forwards and backwards. Kickboxing,

Zumba, strength training and pretty much anything else you do in life involves moving in all planes. Running shoes are not equipped to handle lateral movement, thereby providing less ankle support and sometimes resulting in injury.

MY FAVORITE BRANDS

- Ryka These shoes were made for group exercise and are extremely lightweight.
- Adidas They make great shoes that are both stylish + functional



SOCKS

Go for thick. You'll have the added advantage of extra padding and more fabric for wicking away sweat. Your feet produce more sweat than any other area of your body.



Have you checked out my Fitness e-Book?



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FITNESS E-BOOK



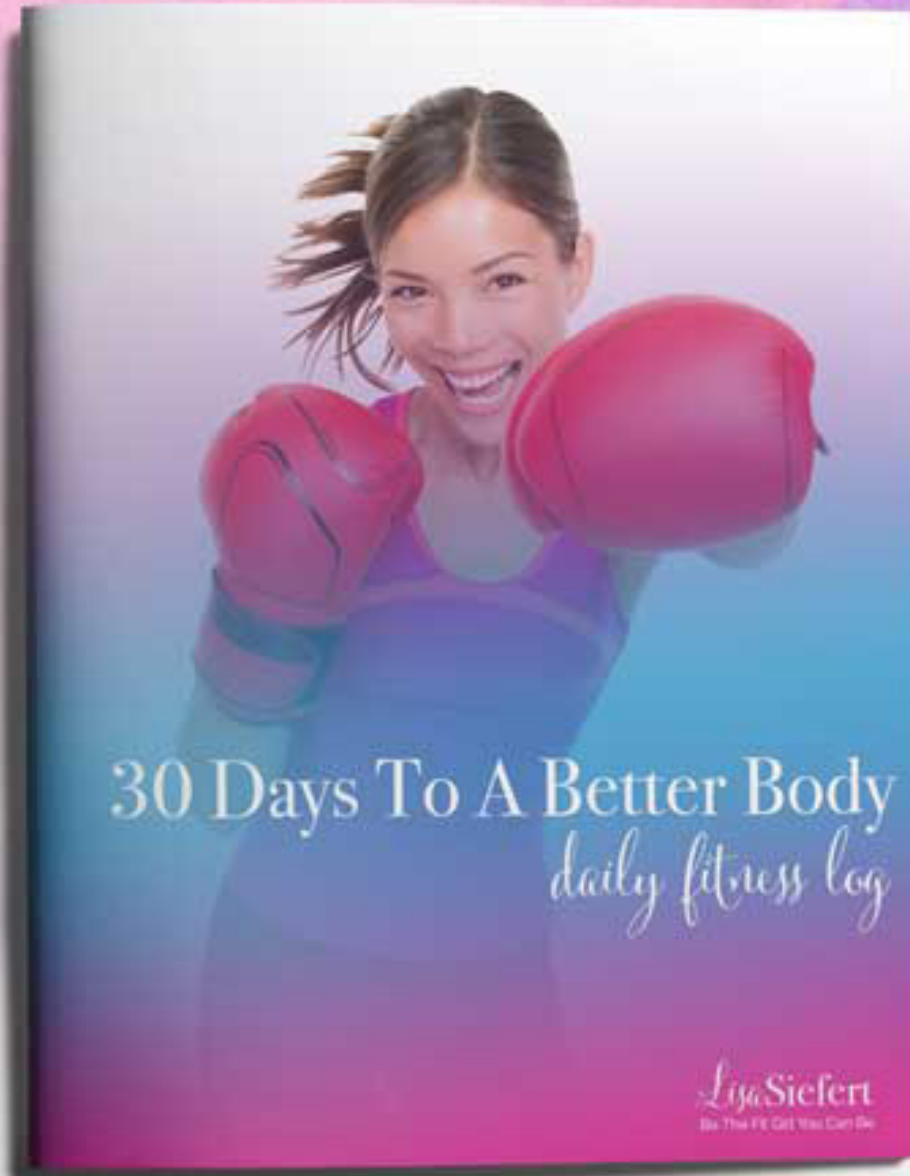
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FITNESS PLANNER



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