

Newsletter 2: Finding the Right Shoes

ANNOUNCEMENTS:

Great job so far! Did you remember to track your steps from your pedometer or time spent doing physical activity on your paper tracking log or online? If not, go back and do it now so you can see how well you are doing! Remember– wear your pedometer all day, not just during school or work.

Shoes-They Can Make or Break Your Workout!

Having the right walking shoes is a vital part of your walking program! If your shoes do not fit, your feet will hurt, you could be doing damage to your body, and will likely lose motivation to continue your program. Take a look at the following tips for finding the right shoes:

Your Walking Shoes Should Be:

- Comfortable right away – they should not need to be ‘broken in’
- Lightweight and breathable material
- Thick, flexible sole and good arch support
- Snug on your feet

Tips for Happy Feet: How to Make Sure the Shoe Fits:

- Allow adequate time for trying on shoes – don’t try to rush through the process!
- Always try on both shoes and walk around the store to be sure they are comfortable
- Wear the same type of socks you would normally wear when walking
- Shop later in the day, as feet tend to swell throughout the day
- Be sure there is a thumbnail’s width from your longest toe to the end of the shoe (about ¼ to ½ inch)
- Your feet should not be sliding around the shoes – they should feel snug. If your feet are wide, be sure to look for wide width shoes, or ask the sales person; often larger widths are in the back or can be ordered

How Often Should You Buy New Walking Shoes?

- Walking shoes will start to lose their cushioning after about 400-700 miles, or 6-12 months
- If you start to notice foot or joint pain

For more information, visit the following websites:

<http://www.ag.ndsu.edu/pubs/yf/fitness/fn603.pdf>

http://www.acefitness.org/fitfacts/fitfacts_display.aspx?itemid=13

NEXT GROUP WALK

Monday 9/29
12:30pm
@the Student Center

(Moore Field house during inclement weather)

Join us 9/29 and meet other walkers— find a buddy or share a new route!
(about 1.5 mile path)



CHALLENGE

Take a look at your current sneakers. Do they meet the criteria for ‘happy feet’?

If not, your challenge is to go out and find a pair of sneakers appropriate for walking or the activities you are involved with.

Stop by Woodbridge Running Co.
For free sneaker screenings
www.woodbridgerunningcompany.com

**Southern
on the MOVE**



www.SouthernCT.edu/OnTheMove

SOUTHERN ON THE MOVE ENCOURAGES HEALTHY EATING HABITS.

See below for a promotion from Chartwells rewarding you for eating fresh fruits!

We are proud to offer you local farmed fresh fruit from Fowler Produce of Hartford CT.

Southern Connecticut State University and Chartwells Dining Services is committed to buying locally grown produce when available.



Fresh. Buy any 6 items at our Featured Fresh Fruit display, and get the 7th one **Free!**

CASHIER WILL MAKE ONE PUNCH FOR EACH PIECE OF FRUIT PURCHASED FROM THE FEATURED DISPLAY ONLY. REDEEM COMPLETED CARD FOR ONE PIECE OF FRESH FRUIT FROM THE SAME DISPLAY. NOT GOOD WITH ANY OTHER OFFER OR DISCOUNT.

Benefits of eating locally grown produce:

Environment – by purchasing locally and regionally grown produce, less fuel is used in transporting produce from one side of the country to the other.

Freshness – fruits and vegetables that are grown locally are usually sold within 24 hours after harvesting.

Taste – produce is grown for taste instead of for durability during transport.

Nutrition – harvesting takes place at the peak of ripeness and produce is properly handled to maintain the maximum amount of nutrients.

Community – buying local goods

The above benefits of our local produce initiative is to bring fresh, local fruits and vegetables to our campus while showing our commitment towards sustainability, local farmers, and most importantly, the health and wellness of our campus community.

For more info visit us at: dineoncampus.com/scsu