



Phat Fit



“Be Good to your feet...they take you places!”

PHAT TIP: Importance of finding the Right Shoe for YOU!

It is very important to change shoes when they become worn out and to not use them beyond their lifetime. If you wait too long you may start to experience injuries that could keep you inactive for a while...and that's not Phat! There are shoes for every category of sport, and within the category there are different grades of shoes. Pick the one that meet your specific needs!

Buying Tips...

- Get fitted by a professional!
- Have both feet measured while you're standing.
- Try on both shoes, and walk around the store on carpet and tiled areas.
- Always buy shoes to fit the larger foot.
- Make sure there's about one thumbnail's width of room between the front of the inside of the shoe and the tip of your longest toe.
- Don't buy shoes that need a "new shoe" period -- shoes should be comfortable immediately.
- Don't rely on the size of your last pair of shoes.
- Shop for shoes later in the day; feet tend to swell during the day!
- Be sure that shoes fit well -- front, back, and sides -- to distribute weight.
- Select a shoe with a supportive upper, stiff heel counter, appropriate cushioning, and flexibility at the ball of the foot.

To find a great shoe once you've been fitted check out Saucony's on-line tool...

http://www.saucony.com/store/SiteController/saucony/externalstaticpage?content=ShoeAdvisor_saucony

PHAT FIT SCHEDULE:

Monday: 9:30am & 6:30pm

Wednesday: 9:30am & 6:30pm

Friday: 9:30am

Saturday: 9:00am

All workouts are at the Central Arena Auditorium:

Map of Central Arena and surround streets: <http://www.yelp.ca/map/central-arena-burlington>

BE PHAT! BE AMAZING! BE PHAT!

Contact us @ www.phatchicks.ca

or email

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