

## FIT Process: Footwear

Being FIT in the right shoe is an important step to preventing injury and enhancing your FITness experience. Whether you are just beginning a walking program, training for your first marathon, or are on your feet all day and need some foot relief - we can help. We listen carefully to your FITness goals and interests, take into consideration any aches and pains, and evaluate your experience with your current footwear. We then measure your feet, assess your foot type and watch your gait cycle. Using all of this information, we utilize our training and experience to make individualized footwear recommendations.

Plan to spend some time working with our staff of trained FITlosophers to identify the right solution for you. We will take as much time as necessary to insure you are properly FIT.