

Well, you wouldn't want to wear walking shoes to run a marathon, and you wouldn't want to wear running shoes to play basketball. Each type of shoe is engineered to give your feet the maximum support for that specific activity. Each sport or activity places its own unique demands on your feet.

When in doubt, it's hard to go wrong with a good Cross Trainer. Cross Trainer gym shoes are designed to support your feet through a wide number of moderate activities, and would serve you equally well during BODYPUMP, BODYSTEP, and BODYCOMBAT.

It's a real challenge today to leave the shoe store or shoe department knowing you have purchased a shoe that really fits properly. Wait until the end of the day to go shoe shopping, when your feet are slightly swollen from plenty of use. Always take a little walk or jog around the shoe department to see how the shoe feels in action. The shoe should not be too tight, but your foot should not be able to slide around inside it, either.

Really good shoes cost a bit more than Big Box specials, but they are *absolutely* worth the investment. There is no need to purchase \$100 shoes that light up or look like a sports car, but please don't buy a super-cheap shoe for high impact activities. Of course, if a good shoe has been marked down to \$15 on a clearance table, snag it! Clearance tables are great places to find really good fitness shoes at a price you can afford-- just make sure to try them on first to be certain they are a good fit.

Remember: Super-cheap shoes today could mean a not so super-cheap podiatrist later...

A Four Letter Word

D I E T... If you have been faithfully attending your classes and/or spending plenty of time in the weight and cardio room, but you are not achieving your desired fat-loss results, the culprit is most likely one of two things. First, have you recently lost at least ten pounds? If that's the case, you may be on a 'dreaded' plateau. Keep the faith! Your body is just taking a little while to stop and regroup...to make sure you are not starving. Your body approaches weight loss very differently from your brain. Your brain wants you to drop

several inches overnight, while your much more practical body wants to be sure you stay *alive!*

When you are on a diet, especially if you drop your caloric intake too low, your metabolism slows down as a safety mechanism to keep you from starving to death. Your body does not know the difference between a diet and a true food shortage. When your body is satisfied that you are doing fine, you'll start losing fat again. You can also try to jumpstart your metabolism by trying a new activity and challenging your body in a different way. But please don't get discouraged. A plateau is actually a good sign that your body is taking care of itself!

If your lack of success is not due to a plateau, take a good look at what you are eating. Many people truly do not realize the full caloric content of what they are consuming every day, and many believe that, because they are exercising, they can eat more than they should. In fact, a recent medical study suggests that many people tend to underestimate their calorie intake by 30% and overestimate how many calories they are burning during exercise by up to 50%! If you are one of those people, you are unknowingly sabotaging your fat-loss goals. The same study recommends adding at least two hundred calories to your food estimates, and dropping your own estimated calorie burn during exercise by 50%. (Drop the *estimate*, not the *effort* by 50 %!)

If you need help with a food plan, please talk to Andrea Richards, our Group Fitness Manager. She will be happy to help get you going in the right direction. We also have excellent personal trainers on hand who can develop comprehensive food and exercise plans to help you achieve your unique fitness and fat-loss goals.

The adage is as true today as it has always been: ***If you want to lose fat, at the end of the day you must have burned off more calories than you have taken in!*** Here at *Fitness Stylz*, we have plenty of ways to help you in the fat-burning department, and we have plenty of members who are real-life examples of what we can do for *you* when we work together on your goal!