

The best for
THE GYM



HITTING THE MACHINES

Whether you're pumping iron or using the elliptical, the "lightweight yet supportive" **Rykă Dynamic** features distinct heel and forefoot grooves to ensure that you won't slip. The breathable mesh upper is structured to "hug your foot in all the right places," and the shock-absorbing midsole and arch-cradling sock liner provide "ample cushioning" and "support and flexibility." (\$80, ryka.com)



HIGH-IMPACT EXERCISE

At just 7 ounces, the "extremely comfortable" **Reebok Sublite TR** is a versatile shoe that's "perfect for boot camp, interval training, plyo workouts, kickboxing—you name it." The supportive foam midsole "absorbs impact when running or jumping," the roomy toe box is "ideal for someone with wide feet," and the flexible outsole "adds traction when doing burpees and lunges." (\$75, reebok.com)



TAKING CLASSES

The "light on your feet" **Nike Free TR Fit 3** features an almost seamless upper; straps crossing the forefoot and arch provide extra lateral support for 360-degree moves. Thanks to a cushy foam midsole, these sneakers are also "great for jumping," "good for Zumba" and "perfect for switching quickly from exercise to exercise." (\$95 to \$100, nike.com)

BYE-BYE, BLISTERS

The biggest source of blisters are "ill-fitting shoes and socks that are too thin," says Megan Leahy, a podiatrist at the Illinois Bone & Joint Institute in Chicago. Score happy feet with these easy tips.

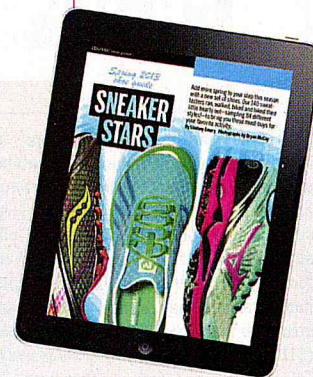
► Break in your new shoes slowly, even if they're the same model you normally wear. Gradually build up your mileage; don't run a race the day after you bring them home, because there may be changes in the design or fit, Leahy says.

► Apply Vaseline or Body Glide between your toes to help reduce friction on long hikes or runs that last more than an hour.

► Be smart about socks. "They should be padded to provide extra cushioning in your heel and forefoot," Leahy says. If your feet sweat a lot, try pairs made with synthetic wicking material, like the seamless, no-slip **Swiftwick Vibe socks** (\$13 to \$15, swiftwick.com). If your feet are easily irritated by synthetics, go with a wool option, like **Smartwool PhD socks** (\$14 to \$17, smartwool.com).

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