New shoes take away blue flats

BY VALERIE SPENCER "Boardwalk"

Shoes can change a person's life. Just ask Cinderella.

To all the millions of people who wear shoes every day that don't fit properly, and who feel discomfort, pain and injury from achy feet, think about the days when you could have your shoes sized in store, quite differently, and wearing shoes designed to fit another type of foot can be beneficial to an individual's physical health. To all the people who feel just fine, even though their shoes don't properly fit their feet, think about the days when you could have your shoes sized too.

Michael Bird, associate professor of exercise science, is a foot mechanist and a runner. He said that the right shoes can lead to problems in areas of the body other than the feet. "If your shoe isn't matched to that jump somehow," he said, "you're going to have problems with the joints or muscles, or the way you run to that," he said. As America's obsession with running continues, it's important to keep in mind that the right shoes can help you race toward your fitness goals.

Bird said problems with the fit and type of motion control shoes can be caused by many factors that are specific to each person. Bird said that individual differences, such as whether you are a high or low arch, or whether your foot falls inward or outward, should be taken into account when selecting shoes.

"I don't have any special problems, but I get my shoes custom made," Bird said. "The thing I know about the shoes that really help is that they fit, and that they feel comfortable." Bird said that he finds it helpful to check out a store that specializes in shoe fitting, and to work with a person who specializes in the type of shoe that you are looking for.

"I like to wear cute shoes... And when I stand up for a long time, I can feel pain in my lower back, and my feet hurt, I know it's bad, I should always wear tennis shoes." Marissa Chaplin

"I think that [novels] work out a lot better than movies. It leaves more to the imagination. When you're reading a book, you can try to see somebody's rendition of a character..." Matthew Perry

BY KATHERINE NICHOLS

"The whole idea about seeing paper and all that is not necessarily a good thing..." Bird said. According to Bird, many students might be interested in purchasing a device to read novels. Bird said that the Kindle is "good for my feet because they were always too big for these shoes." Bird also said that he would want to have his shoes fit properly if he ever had to walk for a long time. Bird said that he would want to wear shoes that fit properly if he ever had to walk for a long time.

"It probably reflects a basic concern that there is a need for publishers that there is a need to produce a novel that can be read," he said. Bird went on to say that he probably reflects a basic concern that there is a need for publishers that there is a need to produce a novel that can be read.

University Bookstore Manager Pam Stroup said, "I think that this product is a revolution, but eventually, more students might be interested in purchasing a device to read novels. Bird said that the Kindle is "good for my feet because they were always too big for these shoes." Bird also said that he would want to have his shoes fit properly if he ever had to walk for a long time. Bird said that he would want to wear shoes that fit properly if he ever had to walk for a long time.

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