

HEALTH

There's no better way to get rid of belly fat than to jog for an hour each day. The pounds and inches melt away.



Some modern running shoes are designed to emulate running barefoot. They protect the feet from extreme weather conditions, rocks and glass.

RUNNING EXERCISES HEALTHIER WITHOUT SHOES



Brian Chiasson

Last year, one study claimed that wearing running shoes while exercising is harmful.

Specifically, they damage the hips, hamstrings, knees, calves, shins, achilles tendons, ankles and sole ligaments. The abuse is endured by landing on the heels of your foot with each step.

We should land on our forefoot, which automatically happens in bare feet, and because of the increased sensitivity to the surface, our feet instinctively adjust to the impact.

Shoes hinder the muscles in our feet from gaining the most advantage from exercising.

Furthermore, out of a group of 68 adult runners, who ran barefoot and with running shoes, there were three specific differences involving the running shoes:

- ▶ 54% had increased hip rotation torque (not good).
- ▶ 38% suffered an increase in knee torque.
- ▶ 36% endured an increase in knee flexion torque.

While running shoes offer support and protection, the deleterious effects are revealed in unnecessary stress on these joints.

These problems may be caused by an elevated heel inside the shoe along with thicker medial arch materials. Both are common in modern running shoes.

Conversely, there are several health, fitness and bodily function benefits to running barefoot.

- ▶ Strengthening foot muscles, tendons and ligaments.
- ▶ Promoting a running gait less prone to injury.
- ▶ Shoe support does not permit the foot to strengthen and support itself.
- ▶ Shoes reduce proprioception (the body's awareness of the environment).
- ▶ Shoes jack up the foot bulkage, slowing the runner.

To condition your feet and orient them to a healthier means of carrying you, go barefoot whenever you can.

When you start running, do five to ten minutes only.

The muscles you have never used before need time to adjust before you make it a complete lifestyle change.

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