

(SELF)

# MOTIVATE

## FIND YOUR SOLE MATE

→ *The perfect running sneaker makes every step easier, faster...and happier. Use our guide to score the right pair for you.*

BY EMILY ABBATE

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The search for “the one” often comes down to good old-fashioned instinct: You want a spring in your step, butterflies in your stomach. And no, we’re not talking about a life partner—we’re talking about running shoes. You should absolutely *love* how your sneakers feel. “I often see patients who were completely happy and injury-free. Then they switch shoes based on a gait analysis and injuries occur shortly afterward,” says Clifford Stark, D.O., medical director at Sports Medicine at Chelsea in New York City. “It’s best to trust what your body is telling you.” The choices can be overwhelming, so start by paying attention to the level of cushioning. More isn’t always better—you may feel best in medium (or even light) cushioning. To find out, see our guide on the next page for the sneakers we’re obsessed with in each category. Then hit a local running store and ask to try on different levels until you find your sweet spot.

LEGGINGS Under Armour SNEAKERS Adidas

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