SHOES FOR ZUMBA

Lots of you have been asking about what to wear on your feet for Zumba classes.

There are two kinds of shoes either an athletic shoes or dance shoe (split sole dance shoe).

An athletic shoe will offer a lot of shock absorption, so are great for absorbing shock felt on the joints, (ankles and knees) with any higher impact move i.e. jumping. They tend to offer arch and ankle support and stabilise the foot for over and under pronation (turning the foot in or out). The disadvantage of this shoe would be the sole, if it has a rubber shoe that offers a lot of traction, your foot won’t slide then the impact will be felt on the knees.

An dance pump (split sole) tend to have sole made of less sticky stuff, so you can slide they also tend to have a pivot point designed to facilitate the turning and twisting movements. Therefore are easier on the knees. However, they do not offer as much arch support.

My personal preference is an athletic shoe Nike Air, which is a cross trainer, with a smooth sole and very light. But we are all different!

Main points to remember:

* Smooth bottom, not lots of tread
* Support, especially for lateral movement, movement side to side. (therefore not a running shoe)
* Obvious one really but they should feel comfortable
* They should be lightweight

I haven’t tried these but listed below are some shoes that I have heard are good:

Bloch Boost DRT Mesh Sneaker

Nike Musique or Shox

Ryka Studio Flex Low or Ryka Studio D