



### **Give the Gift of Fitness With Aetrex**

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If someone on your gift list this year is a runner, walker, cross-trainer, hangs out at the gym, or needs well-fitting and highly supportive athletic shoes, I have just the brand for you to check out. Aetrex Worldwide has been caring about the health of people's feet for three generations! Based in New Jersey, the Schwartz family has been responsible for unrivaled innovations in pain-relieving footwear and foot care products.

Aetrex knows running after those little ones is no easy task, so they offer customized comfort through iStep, a digital foot analysis device (found in independent retailers across the country where Aetrex is sold), which measure everything from shoe size to arch type and pressure points, free of charge. After stepping on the iStep for 30 seconds, customers receive a "blueprint" of their feet, and recommendations for customized insoles. So when combined with an Aetrex shoe, they are getting footwear that is comfortable and customized for their footcare needs.

I received a pair of Aetrex Women's High Performance Runners to try for myself, and let me tell you what- these shoes make me feel like I could FLY. See, these shoes not only have regular cushioning, but they also have two removable insole layers. Every time I take a step, it's like I'm not even feeling the impact of the ground. I feel like I could walk forever in these shoes! And yes, they are running shoes, but let's not push it, people 😊  
Check out how cool these look:



In addition to the cushioning in the shoe AND the two removable insole layers that let you customize the fit, Aetrex shoes also come with another insole called a Mosaic. It looks like a regular insole except it's made up of tiny squares. After the wearer has the iStep evaluation that reveals the pressure points on their feet, it tells them exactly which of the little squares to remove, to allow for maximum support and cushioning. These shoes are like magic, I'm telling you. Here's another cool photo:



Don't let the price tag scare you (approximately \$120), if someone you know wants to be more active but pain in their feet is preventing it, these shoes could really make a difference. Giving someone the gift of being able to move comfortably, now that would be a special gift!