

Smart Picks

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Treat Yourself to a Pair of Aetrex Xspress Fitness Runners

by DANA HINDERS on *JUNE 17, 2013*



I used to be one of those women who picked her shoes without any regard to comfort. If the shoes were cute, I'd wear them even if I had blisters on my feet at the end of the day. But, now that I'm a little older, actually being able to walk in my shoes is a must!

Aetrex specializes in creating shoes that promote good foot health. Their [Women's Xspress Fitness Runners](#) are designed to provide proper support for the feet while reducing the risk of injury when you exercise.

The shoes have a pressure relief insole for customized comfort, external heel counter for added stability, rubber outsole for increased traction, and a mesh upper for optimum breathability.

I really like that these shoes come in both medium and wide widths. They are also great if you have flat feet. I'm not a runner, but I do enjoy walking outside for exercise. These shoes are comfy enough that I'm able to walk a little further than I normally would each time. (Every little bit of exercise you get helps, right?)



The Aetrex sneakers are very supportive, but they are heavier than normal because of this. The extra weight bothered me the first few times I wore them, but it wasn't noticeable after a week.

I'm not a fan of the looks of sneakers in general, but these are actually kind of cute. I find myself wearing them even when I'm not exercising. I did swap out the laces that came with the shoes for ones that were slightly shorter, however. I felt like my shoes kept coming untied when I had the longer laces in them.

I love the black/coral color combo featured in this post, but you can also get the same style of sneakers in white/navy and silver/blue color combinations if you want.

Disclaimer: Sample Aetrex Women's Xspress Fitness Runners were provided by the manufacturer for the purpose of preparing this review.

Photo credit: [Aetrex](#)