

Train for Travel...

Stable footwear with cushioning and arch support is vital when training. Quality sneakers such as HOKA Clifton 10 evenly distribute body weight across the feet, ensuring proper foot alignment and shock absorbercy. Newly released Brooks Glycerin GTS 23 provide comfort and bounce without foot fatigue and have a natural forward-propelling feel when striding. Shoes with a breathable upper and durable rubber outsole ensure temperature regulation plus traction on rocky or slippery terrain.

Knobel advised, "Getting your body ready is the right way to make sure that you are out of the hotel room during your vacation, soaking up the sights of the world instead of looking for an ice pack."

WHEN YOU GO

Craft Body Scan: craftbodyscan.com

We Run: we-run.co.uk

GIBBON Slackboard: gibbon-usa.com

Medical Cert UK: medicalcert.co.uk

SISSEL Spinefitter: spinefitter.com

HOKA Clifton 10: hoka.com

Brooks Glycerin GTS 23: brooksrunning.com



The GIBBON Slackboard provides a way to improve balance before traveling. Photo courtesy of Alison Ramsey.



Taking regular walks before going on a hiking holiday can help build up strength and endurance. Photo courtesy of Alison Ramsey.

Alison Ramsey is a freelance writer. To read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate website at www.creators.com.
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