

Do you experience knee or back pain after exercising? Maybe its time to purchase a new pair of shoes!

**The best shoes will:**

1. Flex at the ball of the shoe when bent up from the toe



2. Provide firm heel stability and support (Test this by squeezing the material above the heel of the shoe)



3. Have minimal torsion/twist (Test by attempting to twist the shoe like you were ringing out a wet towel, twisting the toe one way and the heel the other way).



**How long should a shoe last?**

480km if running on hardsurfaces

800km if running on soft surfaces

Cross-trainers 4-6 months (100-125 hours of wear from a 85kg person training 4-5 days a week)

**WHATS ON??**



The HBF Run for a Reason is a new event on Sunday May 23rd where you can walk, run, jog or stroll your way to the finish line.

There are two distances to choose from a 4.5km and the 14km, both start and finish at the WACA.

Visit: <http://www.hbfrun.com.au>



The HBF Freeway Bike Hike will be taking place on the 21st March 2010. The event caters for beginners through to elite cyclists and includes three options to choose from; the 60km from Kwinana Train Station, the 30km from Belmont Park Racecourse, or 10km Family Ride from Greenwood Train Station with all three rides finishing in the City of Joondalup where there will be plenty of food, drink, music, prizes, entertainment, and much more

<http://www.freewaybikehike.com.au>



Trench Health and Fitness has fitness Facilities in the Perth CBD and Shenton Park

Opening hours as follows:

Monday to Thursday	6am - 8pm
Friday	6am - 2pm
Saturday	8am - 12pm

For further information contact:  
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