

ASK WH

1 / KIGO STAR

(\$89.95, adventuremegastore.com.au)
Crafted from recycled plastic jugs, these are seriously sturdy (and sustainable) shoes. The flexible rubber sole folds and clips up so you can chuck 'em in your handbag post-workout.

2 / TERRA PLANA

VIVO (\$189.95, adventuremegastore.com.au)

Don't be fooled by appearances. With a barely there 4mm sole, your feet will be constantly connected to the ground, meaning better reaction time and fewer injuries, especially on uneven surfaces.

3 / VIBRAM FIVEFINGERS BIKILA

(\$229.95, adventuremegastore.com.au)
Thanks to the Bikila's über-thin 3mm sole, feet are encouraged to land on the mid-foot, making for better stride technique.

4 / NEWTON DISTANCE

(\$235, newton-running.com.au)

Can't give up cushioning? Newton running shoes are technical but supportive, reducing stress on muscles, joints and tendons. A nice compromise, we reckon.

What's with those weird-looking running shoes?

Ah, you mean barefoot-style shoes. They're the new big thing in running – and here's why: the thin, flexible soles limit cushioning of the feet to mimic barefoot running. And why is that good? Research published in *PM&R: the Journal of Injury, Function and Rehabilitation* found that running in your standard trainers exerts more stress on joints than walking in heels. But before you ditch the joggers, know this: "Barefoot running is potentially dangerous for people with high arches or flat feet, who need the support that running shoes provide," says podiatrist Rock Positano. These shoes offer a happy medium, encouraging natural footfall, but still giving protection.

YOU TELL US

HAPPY TO BE SAD

Recently I was involved in a horrific accident and spent time in the state trauma unit. For the first week I was told I should be rejoicing I was still here and to "start bloody feeling positive". But after lying in my bed trying to hide my depression from those around me I read your article *Is mindfulness the new happiness?* (September) and burst out crying. I realised it was OK to be sad and disappointed at the situation I was in; this was just part of the recovery process and a way to move on. Thank you WH for once again providing such relevant, thought-provoking articles.

Name and details withheld

A HELPING HAND

I noted with irony your advice to give up self-help books, written in a self-help article (*Self-help Junkie*, August). Isn't it the realisation that our lives are inadequate that drives junkies like me to pick up your magazine in the first place? I'll have to consult *Optimal Thinking* on that one. Danielle Faed, Dianella, WA
Ed's reply
Inadequate? Hell, no! (Well, we hope not.)

MODEL BEHAVIOUR

WH is the only magazine using models who epitomise the healthy, happy, successful women we should be striving to be, instead of the fashion models who've dominated for too long. I'm sure (and hope) I speak on behalf of most women. Amy Hope, Creswick, Vic

TWET, TWET

THErickle: Was reading the mag this morn and love it! X (Ricki Lee, Sydney's Nova 96.9)



The writer of the letter of the month has won a Lonsdale boxing pack valued at \$360

DROP US A LINE Include your full name, address and phone number. Letters may be edited to fit. Email womenshealth@pacificmags.com.au or Women's Health Letters, 8 Central Avenue, Eveleigh, NSW 2015