

HOME

FASHION

HAIR+SKIN+MAKEUP

HEALTH+SEX+FITNESS

DATING

C



GO

Search all Seventeen Blogs

GO

Go Veggie, Stay Healthy!

The ALL ACCESS
Fitness Blog HomeBecome the 2010 Nike
Field Reporter!

Seventeen Intern Takes a Jog in Newton Running Shoes

April 12, 2010 at 4:44PM by [Amy Schlinger](#) | [0 comments so far](#)



Summer is just around the corner and for me that means its time to throw out the worn out running shoes that I've used this winter and invest in a new pair. Running shoes can only last so long. My father, who is a physical therapist at [ProFitness Physical Therapy](#) in New York City, told me that if you keep running shoes for too long and their sole and heel has worn down too much, it could cause injuries. It just so happened that amidst my search for running shoes I got a chance to talk with [Marco Borges](#), our Seventeen trainer for the month of March. When we got on the topic of running shoes, he said that [Newton Running Shoes](#) would be what he

suggested.

I decided I wanted to try them out. I went to their website and did some research. The shoes focus on a [new school way of running](#), on your toes. At Newton they believe that puts less stress on the body. Both Marco and the [Newton website](#) suggested starting out with short workouts until you get used to the new way of running.

I decided I would wear my shoes around a little to break them in before I started running. When I first tried to walk in them, because of the extra padding under the toe, I felt like I was walking very