

Change your shoes, Change your life

Presented by Anya & Petra Fisher Movement

Find Your Solemate

Shoe Type	Use Case	Examples	
		Extra wide fit	Medium wide fit
<p><u><i>The Foot-Shaped Support Shoe</i></u> fits and feels like a conventional shoe with cushion and support, but has a wide toe box and low or zero drop</p>	<p>For people who are currently in pain & reliant on support for comfort and/or with rigid deformities</p>	<ul style="list-style-type: none"> • Altra Paradigm • Topo Athletic (Wide models) • Flux Adapt Runner 	<ul style="list-style-type: none"> • Birkenstock • Oesh • Chaco (wide models)
<p><u><i>The Versatile Minimal Shoe</i></u> goes both ways. It has some cushioning, but is more minimal than a support shoe. Can easily be modified with insoles</p>	<p>For people who are ready to explore their foot function but have some pain or lifestyle demands that require a bit of support</p>	<ul style="list-style-type: none"> • Lems Natural-shape fit • Barebarics • Ahinsa Comfort • Altra Lone Peak 	<ul style="list-style-type: none"> • Icarus • Birchbury • Bedrock
<p><u><i>The Barefoot Shoe</i></u> <i>is truly minimal and a genuine barefoot experience with little to no support or cushioning.</i></p>	<p>For people who want to experience full foot freedom and have the foot function to support it.</p>	<ul style="list-style-type: none"> • Realfoot • Softstar Primal • Shapen • Be Lenka 	<ul style="list-style-type: none"> • Vivobarefoot • Xero • Mukishoes • Wildling

Remember that you can mix & match depending on how you feel that day and make use of [insoles](#) to customize any shoe.