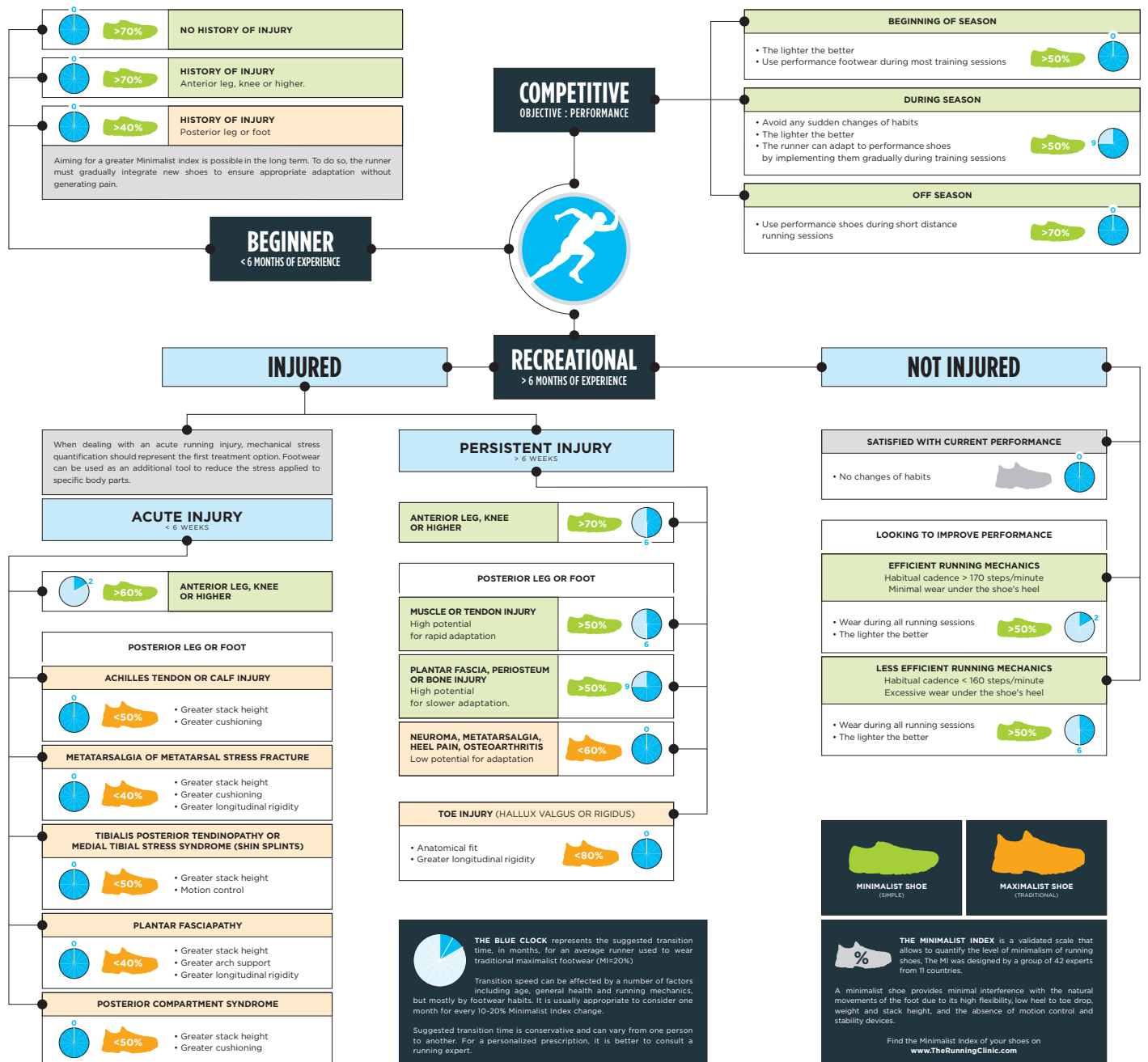


- SELECTING THE RIGHT - RUNNING SHOES



THE BLUE CLOCK represents the suggested transition time, in months, for an average runner used to wear traditional maximalist footwear (MI=20%).

Transition speed can be affected by a number of factors including age, general health and running mechanics, but mostly by footwear habits. It is usually appropriate to consider one month for every 10-20% Minimalist Index change.

Suggested transition time is conservative and can vary from one person to another. For a personalized prescription, it is better to consult a running expert.

MINIMALIST SHOE (SIMPLE) vs **MAXIMALIST SHOE (TRADITIONAL)**

THE MINIMALIST INDEX is a validated scale that allows to quantify the level of minimalism of running shoes. The MI was designed by a group of 42 experts from 11 countries.

A minimalist shoe provides minimal interference with the natural movements of the foot due to its high flexibility, low heel to toe drop, weight and stack height, and the absence of motion control and stability devices.

Find the Minimalist Index of your shoes on www.TheRunningClinic.com

