**Health Tip of the Month**

**Putting Your Best Foot Forward**

The right footwear can make or break your cardio workout.

An expensive bicycle or treadmill is not necessary to keep your heart healthy. One of the most important pieces of equipment for your heart smart workout is the right pair of sneakers.

There are many factors that need to be considered when choosing the correct fitness shoe and the key to ensuring the perfect fit is dialogue, according to Peter Gacos, owner and operator of Sneakers Plus in Wall, NJ.

"Don’t simply order online. Go to a store and wear your favorite sneakers so the sales staff can see how they have worn. Give as much information as possible about the type of physical activity you will be doing. The more information from you, the better," Peter said.

Natalie Billie, Physical Therapist Assistant, Wellness Coordinator and Licensed Personal Trainer for Meridian Life Rehab and Fitness agreed. She said that looking at your footprint or an old pair of shoes is the best way to determine whether you have a neutral foot, flat foot or high arch foot.

"It is important to take your foot type into account to avoid injury. And, the fitness shoe that you chose needs to correspond with the activities you do, whether you are standing for long periods of time, or walking long distances, running, or playing a particular sport," she said.

Natalie urges avoiding fashion trends when considering fitness footwear. "Rocker bottom shoes may feel comfortable and promise fitness results but they don’t necessarily allow the foot muscles to properly engage," Natalie said.

Don’t stop at the right shoes. Fitness socks are just as important. Natalie and Peter both recommend dry fit socks because they keep your feet warm in the winter and dry in the summer.

**Recipe of the Month**

A delicious, simple way to dress up your salad while keeping it heart healthy.

**Mustard Vinaigrette**

**Ingredients:**
- 2 tsp dijon mustard
- 1 garlic clove (minced)
- 1/2 cup olive oil
- 2 Tbsp red wine vinegar
- salt and pepper to taste

Mix the mustard, minced garlic, salt and pepper in a small bowl. Alternately add olive oil and vinegar slowly, whisking constantly to make a smooth liquid. Transfer to a small glass bottle and refrigerate for up to 1 week.

Recipe courtesy of Anne Sauri, owner, White Bliss Boutique, 16A Broad Street, Manasquan, NJ.