

ACTIVE

by Ladybird of Leisure

#ladybirdshapessup

TOP RUNNING SHOES FOR PRONATION CONTROL

Overpronation can be linked to genetics, flat feet, low arches or overly-flexible arches. To help get back in line, finding the correct running shoe is key. Thankfully, practically every shoe company out there caters to overpronators by offering supportive shoes with a few other bells and whistles included to help get your gait back on track. We've rounded up the best in the market.

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1. Saucony Redeemer (US\$150)
2. Brooks Transcend 3 (US\$170)
3. Mizuno Wave Inspire 12 (US\$120)
4. Asics Gel Kayano 22 (US\$160)
5. Brooks Adrenaline GTS 16 (US\$120-130)
6. Adidas by Stella McCartney Pure Boost X (US\$170)
7. Mizuno Wave Paradox 2 (US\$135)