

Flexible shoes are good for your feet. The “Nike Free” shoes are very flexible—they allow your feet “to feel” the ground. This extra sensory information coming off the ground helps your brain to control your movement more efficiently whether you are standing, walking, or even running. The Nike Free running shoe sole design is now available in non-running shoe models—even a military boot!


I’ve had my corporate clients and family shifting into Nike Free models for years with amazing results—they have really helped us move better! There are now many other shoes being made with increased flexibility—not just the Nike Free models.




*Note: While new shoe designs are helping to increase the fitness of feet, there is still no substitute for the bare foot. No model of shoe can do what the foot can do alone in terms of mechanics and neurological function—just make sure to know the difference and always prioritize the actual feet first—not the shoes.*



**Learn more about Nike Free Shoes:**

- [What is a Nike Free Shoe?](#) (Basic Design Concepts)
- [What are the Nike Free models?](#) (Running Shoe Clarifications)
- [What is a Nike SFB?](#) (Special Forces Boot)

Nike “Free” Photo Images	Model & Link	~Price	Comments
	<a href="#">Running Shoe</a>	\$85+	They have <b>many different versions</b> of Free running shoes depending upon thickness of soles. See link on “ <a href="#">Models</a> ” for details. These shoes are now available at

			many retail outlets.
Nike “Free” Photo Images	Model & Link	~Price	Comments
	Hybrid Boot	\$75-100	<b>These have been discontinued</b> , but I have provided two sources where you might still be able to purchase them. They also come in different colors—if you can find them.
	SFB Mid Boot	\$100	Nike’s military-version Special Forces Boot using the “Free” sole design.
	NA	\$130	Nike’s military-version Special Forces Boot using the “Free” sole design.

**Summary:** “Foot-friendly” shoes will not only help your feet—but your whole body to move better and move safer. Using Nike Free shoes is a “quick fix” for improving shoe design, but remember, there are many companies now making more flexible shoes. The spreadsheet link above is an excellent resource for exploring foot-friendly shoes.

I hope this handout helps to clarify some confusion on Nike Free shoes. Nike has **NOT** done a good job on their website explaining the shoes or making “educational” information easy to access; however, I found some excellent links and reviews above—they are all worth examining if you are serious about improving your health “from the ground up.” Also, from a root cause position, it is better to prioritize the feet—not the shoes, but healthy shoes are definitely a “step” in the right direction. *In Foot Fitness! Coach RJ*