



# Fit Behavior

*Personal Fitness*

## **Attention Runners, Walkers & Weekend Warriors**

*Feet Hurt?*

*Injured?*

*Need New Sneakers?*



**Join us at Fit Behavior  
Saturday, March 20 from 12:45-1:45pm**

**For an Informative Presentation  
and FIT Clinic**

**hosted by Fleet Feet Sports and Fit Behavior**

Stephanie Blozy from Fleet Feet Sports will do a brief presentation on running shoes: their components, the difference between brands and what to look for when selecting the right shoe for you. After the presentation, Stephanie and her team will host a FIT Clinic where they will provide a basic foot and gait analysis and offer recommendations on the right sneaker for you.

Please bring your current athletic sneakers/running shoes for analysis.

Foot/gait analysis will take approximately 5-10 minutes per person.

**Both the presentation and FIT Clinic are free.  
Call 860-529-9867 or email [news@fitbehavior.com](mailto:news@fitbehavior.com)**