

## Finding the shoe that fits



### MY FITNESS

Jodie Spencer & Brad Jobson

**D**O you ever get confused when it comes to buying the best type of shoe in which to train?

First of all, remember that you buy shoes for a specific purpose. If your chosen form of exercise is running, don't buy a cross trainer, buy a specific runner.

Cross trainers are made differently, they are built to last but they are not built to run in. They are good for going to the gym and doing classes etc. but they will cause you problems if you persist with running in them.

Try to buy your shoes from an establishment where the staff understand what type of shoe suits your foot.

The salesperson should be able to explain which type of shoe will suite you best.

Some shoes have additional support for ankles that roll in, others have support for ankles that roll out.

There are so many different types of shoes on the market with support in different areas. It really pays to get the shoe that suits you as it will make running/ walking so much easier.

For more information contact V Health Fitness and Personal Training: Brad 0419 762 697 Jodie 0401 009 384 or [vfitness.com.au](http://vfitness.com.au)

# Tania gets inspired by Nicole

## REALSTYLE

with Nikki Parkinson

### WHO

Tania Turner, 39, mother to Chanel, 16, Max, 7, Jade, 4, and wife to ex advertising guru husband Joel. Owner of four Shine beauty salons. Moved permanently to Sunshine Coast from the Gold Coast last December.

### LIVES

In our holiday unit on Bulcock Beach with family, while designing our dream home with Steven Kidd at Shelly Beach.

### OUTFIT

Cooper Street top, 7th Vision skirt, Joanne Mercer Italian Collection shoes, pearl and diamond earrings and matching bracelet from Underwoods Fine Jewellers.

### STYLE INSPIRATIONS

Nicole Kidman, in Chanel, is a style goddess inspiration. In contrast, I also love Jennifer Aniston's casual, down-to-earth jeans and top look too.

### FASHION OBSESSION

A natural Shine spray tan and light makeup makes me feel great.

### FAVE SHOPS

I love shopping at Chapel Street in Melbourne, every year. Locally, Voko at Sunshine Plaza always has something I just have to have!

### FAVE FASHION LABELS

Being a modern working mum dictates a need for a contrasting wardrobe. Cooper Street is a big part of my business wardrobe, also I love Chanel, George Gross and Harry Who for important occasions. Sportsgirl has great casual wear (which my daughter and I share).

### HAIR STYLIST

Oscar Oscar Chermside, is fantastic. For right here, right now mobile hairdresser Katie Shepperd (KtK's Mobile Hair design) has proven to be an absolute gem.

### FRAGRANCE

I alternate between Chanel No5, J'Adore by Christian Dior and a recent gift from my husband, Armani Code.

### BEAUTY ROUTINE

I religiously cleanse, tone and moisturise with Thalgo Marine products and enjoy facials, massage and spray tanning at Shine Beauty.

If you know someone who is super stylish, email [nikki.parkinson@scnews.com.au](mailto:nikki.parkinson@scnews.com.au)



SHINING LIGHT: Tania Turner is a busy mum who loves a contrasting wardrobe. PHOTO: NICHOLAS FALCONER/173171

## Fashionistas opt for informal approach

FROM PAGE 16

"MORE women are embracing fashion trends and bringing it into the office, as opposed to wearing the traditional pencil skirt and button up shirt," she said.

"There are a lot of sleeveless tops, while still keeping with the standards.

"People are expressing more individuality."

Simone said the increase of smart casual wear on the Coast had been significantly evident over the past two years.

"There are more established labels and fashion boutiques, more fashion parades being held on the Coast and stylish fashion magazines such as Style," she said.

"Retailers are getting savvy and their staff are better trained. They are helping to put fashion wardrobes together so their customers feel really current and sophisticated."

Simone said girls as young as 11 were embracing fashion trends, which were being carried right through to women in their mid 60s.

"Some of the mature women are right into it," she said.

"I'm seeing a lot of yellows across the board. People are really getting into it."

She said men on the Coast



LAIID-BACK: Katrina Friend.

were also opting for a more casual, fashionable work sense.

"A lot of men are embracing soft pink and soft green shirts - it's not just blue and white shirts," she said.

While Simone said most people were getting the look right, she said flip flops were a definite no go zone.

Mountain Creek Primary teacher Katrina Friend agrees.

Donning a cute white shirt, butterfly print skirt, black singlet top with a red cami, accompanied by a sparkly red handbag, black beaded necklace, earrings and bracelet and a pair of flattering black strappy shoes, trimmed with beads to match the rest of her accessories, Katrina Friend is well known in the school for her stylish yet casual work attire.

"I'm definitely a skirt girl in summer and pants and jeans girl in winter," she said.

"Purple and reds are my favourite colours and I have lots of different accessories. I have 45 pairs of shoes."

Katrina admits she's an avid reader of Marie Claire and Madison, which inspires her about what to wear.

"I guess it's a bit of trial and error what works but when someone says a certain colour or style looks nice on me, I tend to run with that.

"I generally tend to wear darker bottoms to cover the thighs and butt.

"I also wear things that sit nicely, not things that are too tight.

"If I dressed too formally for work, I'd find it hard to move around the class and heels would also be too hard to do playground duty."

Katrina, who receives one or two compliments about her choice of clothing from fellow work colleagues a week, said she tried to match the colour of her clothing to her accessories.

"If I wear all-black, I'll do a stand out piece that's glittery or colourful," she said.

"It's the best feeling when I can walk out the door and think, yep, that works."

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how

# cute

is

# your baby?

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