

Lyds Energy Soles

RELIEVE PAINFUL AND/OR TIRED FEET
FOR EVERY-DAY USE AS WELL AS FOR SPORTS

FREQUENTLY ASKED QUESTIONS

What are Lyds Energy Soles and what are they used for?

Lyds Energy Soles are insoles which provide optimum support for your feet and reduce the stress on your joints, especially during sporting activities or long periods of standing and/or walking.

How do Lyds Energy Soles work?

Lyds Energy Soles are made of Sands, a unique material with unprecedented shock absorbing characteristics. In addition, the material returns immediately to its original shape each time the motion is completed, thereby stimulating the muscles involved.

Can this material be cleaned?

Lyds Energy Soles are machine washable at 40°C (hand wash programme). However, they should not be put through a drier. Lyds Energy Soles are extremely durable and will outlast many pairs of normal shoes.

In what sizes and thicknesses are Lyds Energy Soles available?

The soles are available in shoe sizes 36 up to and including 46 and in two different thicknesses:

3 mm for use in shoes intended for every-day use

4.5 mm for use in sports shoes.

Do Lyds Energy Soles fit in every shoe?

Yes, but any additional arch support or insole already present in the shoe should be removed first.

Won't Lyds Energy Soles give me warm feet or sweaty feet?

The material absorbs moisture and is breathable, which means that you don't have to worry about issues involving warm feet or excessive sweating.



Breathable



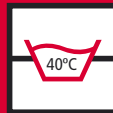
Permeable
to moisture



Takes on
shape of foot

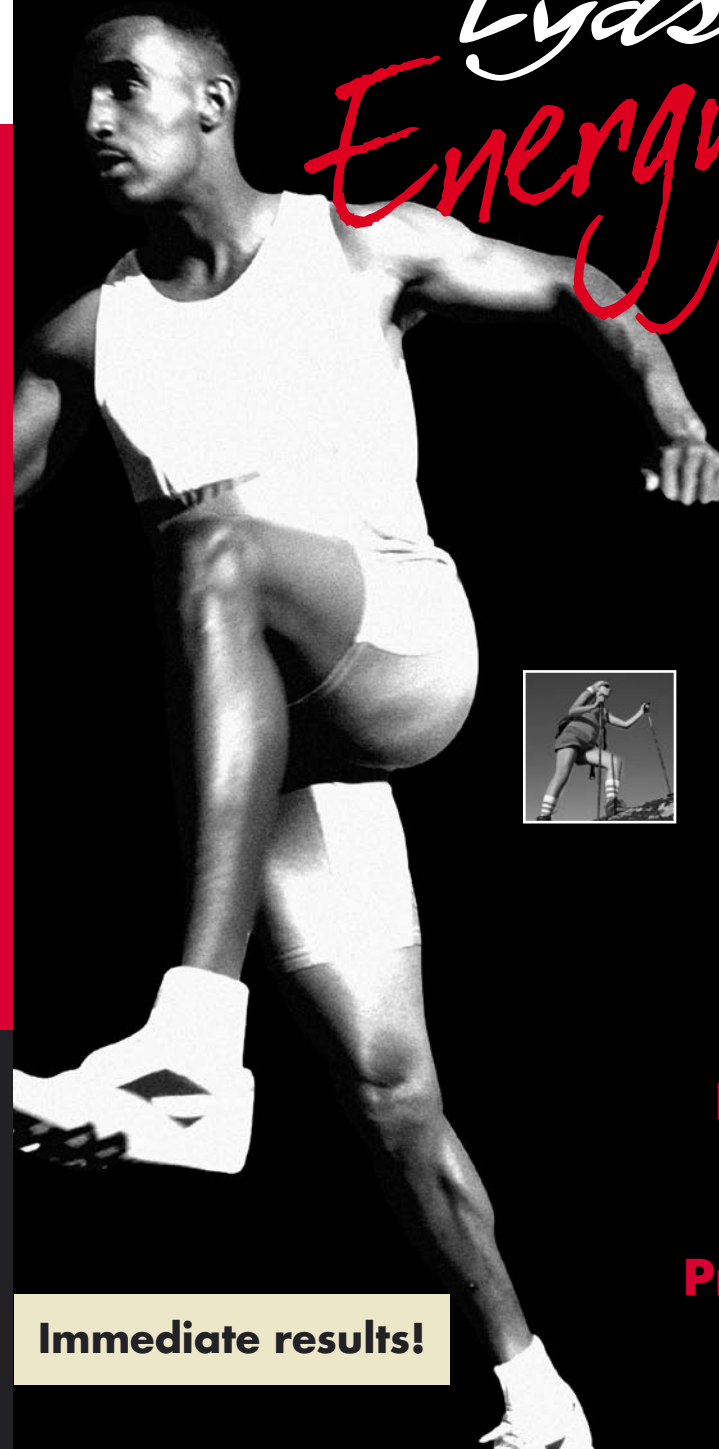


Minimizes
energy loss



Hand-wash

Lyds Energy Soles



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OR TIRED FEET

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AS WELL AS FOR SPORTS



**Gives you
extra energy!**

**Improves your
performance!**

Prevents injury!

Immediate results!

 **comfortable**

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A REVOLUTIONARY INSOLE

Improves sports performance... relieves foot problems
prevents injuries... supports your feet



LYDS ENERGY SOLES FOR EVERY-DAY USE

Keeps you walking comfortably and easily while preventing tired and painful feet. Lyds Energy Soles have a unique shock-absorbing effect and also stimulate your muscles via the Energy Feedback effect. Tests have shown that, for each step you take, Lyds Energy Soles reduce the shock experienced by your feet by an amount that is 100 N greater than the reduction provided by a conventional soft insole. This very high degree of shock absorbance helps prevent a variety of physical complaints, including knee and (lower) back problems. It should therefore come as no surprise that Lyds Energy Soles are recommended by so many medical specialists.

LYDS ENERGY SOLES FOR SPORTS ATHLETES

Many top sports athletes use Lyds Energy Soles to improve performance and prevent injuries. The unique characteristic of Lyds Energy Soles is that, after every step you take, the material quickly returns to its original shape, thereby stimulating your muscles and promoting improved performance. As soon as your foot touches the ground, the energy does not disappear but is instead partly transferred to your next push-off. This phenomenon, referred to as the Energy Feedback effect, is very important, especially in track and field events. The high degree of shock absorbance also helps prevent injury.



STANDING JOBS

Lyds Energy Soles are also ideal for people with jobs that involve a lot of standing, as they reduce or completely eliminate problems with tired feet.

UNIQUE MATERIAL

Lyds Energy Soles are made of a unique material called 'Sands', developed by the aerospace industry to protect expensive and fragile equipment from damage due to shocks. As it turns out, its unique properties – including shock absorbance, moisture absorbance, and breathability – also make it ideal for orthopaedic applications. Sands adapts to the shape of your foot like a glove, quickly forming a natural and ideal arch support: it's like walking on sand with your bare feet.



SHOCK-ABSORBING TESTS ON LYDS ENERGY SOLES

Tests show that, for running movements, Lyds Energy Soles are clearly more effective in reducing the load experienced by the foot than conventional insoles. In the graph below, the load on the left foot of the test person is reduced by 4.5 kg; for the right foot, the reduction is 10.5 kg. In other words, Lyds Energy Soles reduce the average total peak load on both feet by no less than 15 kg for each step taken!

