

Week 1: Walk to Wellness

Wearing the Right Shoes



The type of shoes you wear is important. Here are some tips for making sure you have the best shoes for your needs.

❑ Buy new shoes only if you need them

- ✓ You do not *need* to buy special shoes, if you have shoes now that fit well and support your feet. If you plan to buy shoes, here are some helpful hints:
 - Visit one or more stores you trust.
 - Try on different styles and brands.
 - Ask the salesperson to help you find a good fit.
 - Ask the salesperson to help you choose the shoe that is best suited for the kind of activity you want to do.

❑ Look for a good fit

- ✓ Wear the kind of socks you will wear when you are active. Cotton is best.
- ✓ If possible, go to the store right after you have been active for a while. That way, your feet will be the size they are when you are warmed up.
- ✓ The shoes should feel good right away. Try them on and walk around. They should NOT need to stretch out later.
- ✓ One thumb should fit in the space between your longest toe and the end of the shoe.
- ✓ The heel should NOT pinch or slip around when you walk.
- ✓ The shoes should bend easily at the ball of your feet (just behind your toes).

❑ Get the kind of support you need

- ✓ Shoes should match the shape of your foot and the way your feet strike the ground.
- ✓ Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This pattern can show the kind of support you need. For example, if the back of the shoe is worn down unevenly on the bottom, you may need extra support for arches or flat feet.