



CHOOSING WALKING SHOES

To fully enjoy the advantages of an active lifestyle, it's essential to have the right support under your feet. Proper footwear is not only more comfortable, but it also helps prevent injuries! Check out these tips for how and where to choose a new pair of walking shoes.

FACTORS TO CONSIDER

Your unique feet:

- High, low, or medium arches
- Bumps on your feet that could rub on shoes such as bunions or hammertoes



Fit/Sizing:

- 60% of adults have one foot that is longer or wider than the other. Get both feet measured, and then fit shoes to the larger foot.
- Shoes should fit well in the store - typically no "break-in period" is needed.
- Walk around the store and try on multiple pairs to compare comfort and fit before final purchase.

Support: Shoes should be supportive from side to side.

Flexibility: Use the "taco test" to ensure that the shoe bends easily at the ball of the foot, NOT in the middle of the shoe.

Cushioning: Shoes should be well-cushioned.

Heel: Shoes should have a snug heel.

Toe Box: Aim for a half to a full thumb's width between the end of your longest toe and the end of the shoe. You should be able to wiggle your toes with no rubbing on the top or tips of your toes.

Shoe Type: Running shoes are lightweight, breathable, and designed for forward motion at any pace, making them perfect for walkers too.

IS IT TIME FOR NEW SHOES?

- Consider how your shoes fit, feel, and perform. Over time, the cushioning in the shoe breaks down and hardens, resulting in minimal shock absorption.
- Numbness, hotspots, heel pain, blisters, discomfort, or pain are all signs that it's time for a new pair.
- Aim to replace shoes every 300 to 500 miles or every 6 months if used as an everyday shoe.
- Find a local store and try the shoes on in-person (vs buying online).
- Fleet Feet offers free evaluations with expert outfitters who analyze your gait, foot shape, and goals to recommend shoes, insoles, socks, and other gear tailored to your needs.

Scan the QR code to find a local store near you!



FLEET FEET

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THANKS TO FLEET FEET AND
DAVID GRIFFIN, DPM FOR THESE TIPS!