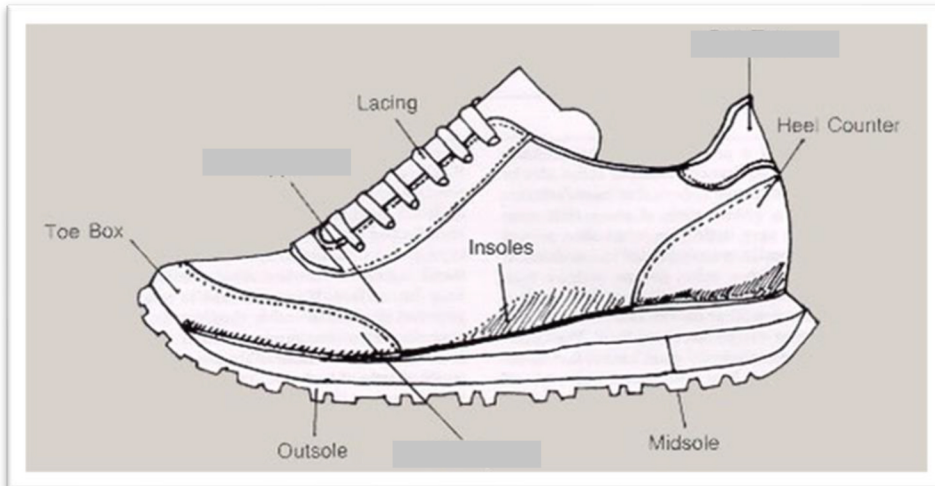


HOW TO FIND THE PERFECT SHOE FOR YOUR FEET

The right footwear can help to keep your feet healthy and not cause problems, such as sores on your feet. Use this guide to find the right shoe for your feet, or seek professional fitting help by visiting a chiropodist, pedorthist or orthotist.



Proper size

Your shoe should be $\frac{3}{8}$ – $\frac{1}{2}$ " (9 - 12mm) longer than your longest toe when standing.

Have someone else check your size as you may not feel the fit of the shoe properly.

Choose a shoe that is wide enough for your foot.

Choose a shoe that has a deep toe box to fit your toes.



Proper style

Choose a shoe with laces or velcro straps.

Choose a shoe with good cushioned insoles and midsole.

For better stability choose a shoe that has no higher than 1" (or 25mm) midsole height.

Choose a shoe that has good tread or outsole for your activity.

Your indoor shoes should have a good tread but should not grip on carpet.

Proper support

Choose a shoe that has a firm heel counter.

Choose a shoe that doesn't twist in the middle.

Choose a shoe that doesn't fold in the middle or arch area.

REMEMBER:

- Inspect the inside of your shoes before you put them on.
- Inspect your shoes for wear and replace them regularly.
- Shoes are like tires, and are only good for so many miles.