

WHAT TO LOOK FOR in a good shoe

- Flexibility and light weight
- A non-skid sole that is resilient and thick enough to protect the foot
- A firm heel cup and laces or Velcro straps that can be adjusted to prevent the foot from sliding around in the shoe
- A heel height of one inch to distribute body weight evenly from heel to toe to prevent strain on the foot
- A ¼ inch free space at the widest point across the toes, and a depth adequate to allow for movement of the toes
- A size that leaves ½ inch of space between the longest toe on the largest foot and the end of the shoe

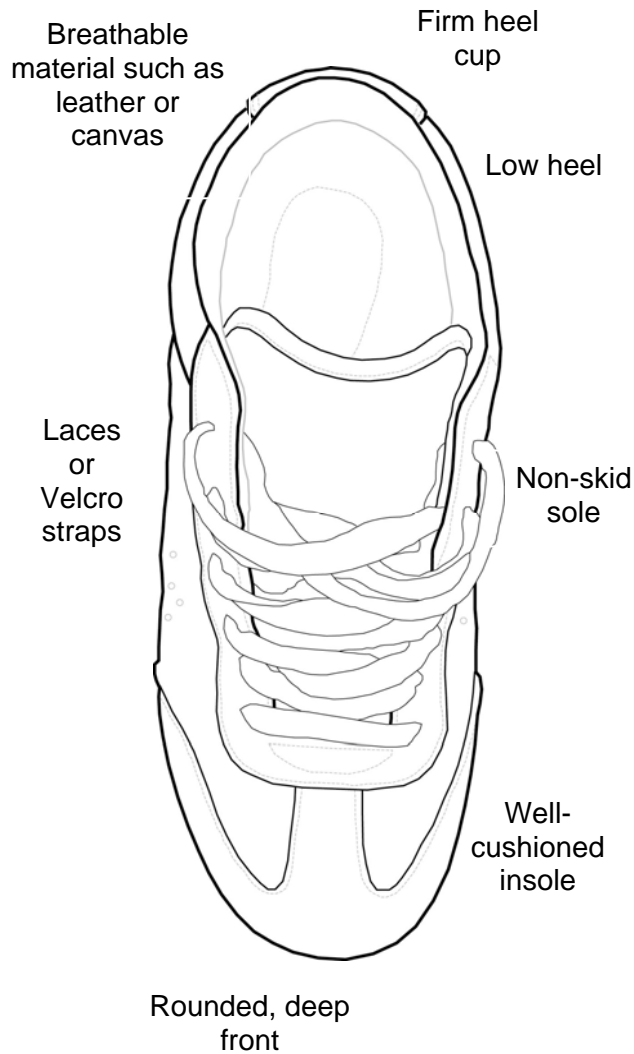
TIPS for buying shoes

- Shop for shoes in the afternoon or evening when your feet are at their largest due to swelling from your day's activity
- Have your feet measured and try the shoes on in the store. Walk around to make sure there are no pressure points
- If you wear orthotics or special insoles, bring them with you to try with the new shoes
- If you are active, look for shoes with extra cushion and shock absorption
- For older adults, look for shoes which provide stability and support for your feet
- Look for comfort

SOCKS

- Wear socks to keep the feet warm, to absorb perspiration and to reduce friction between the shoes and feet
- Look for socks made from natural fibres such as cotton or wool
- Avoid buying socks with lumpy seams, as the rough seams can exert pressure on the foot
- When putting on socks, allow adequate room at the toes so that you can move them around comfortably
- Change your socks after your walk

FEATURES OF A GOOD SHOE



Adapted with permission from South Riverdale Community Health Centre

For more information on walking and physical activity, call York Region Health Services Department, Health Connection at 1-800-361-5653



References:
Potter, P. and Perry, A. *Fundamentals of Nursing: concepts, process and practice*. Toronto: The C.V. Mosby Company, 1989, p. 832.

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A guide to choosing **Walking SHOES**

