

## *The Perfect Fit*

### Choosing the right Walking Shoes

- How you feel after your workout determines whether or not you'll want to do it again.
- Walking success depends on good equipment a good pair of walking shoes
- Consider the following shoe parts when choosing the perfect shoe for you.
  - **Sole:** its ability to grip the walking surface; because tripping and slipping a primary risk factor to falling
    - Avoid sticky non-skid soles heavy rubber soles; *potential for tripping*
    - Slick, smoothed soles; *potential for slipping*
  - **Flexion of the sole:** its ability to flex at the forefoot when bent yet remain fairly rigid through the mid sole
  - **Beveled heel:** ability to permit a smooth rolling motion when you walk preventing the toes from slapping down rapidly
    - Reducing your chances of shin splints, tenderness and pain, calluses and swelling of leg muscles
  - **Breath ability of shoe:** allows the feet to stay dryer when walking
  - **Cushioning:** ability to absorb shock at impact
    - A well cushioned heel spares your body the shock of each step
  - **Support:** ability to limit inward rolling of the foot as you walk
    - By providing good rear foot support and stability along with good arch support
  - **Proper fit:** ability to provide comfortable and a snug fit
    - Preventing heel slip
    - Allowing the toes to spread out as you walk
    - A thumb's width between the edge of the big toe and at the front edge of the shoe
  - **Need extra support:**
    - Everything about the shoe is good but need more or better support
    - Original insole has worn out
      - Switch out or replace the shoes insole sold at most stores
      - Good replacement insoles have preformed heel cup and arch support that improve the fit and stability
  - **Closures:** ability to adjust tightness around the foot
    - Laced shoes allow for better adjustment
    - Elastic laces or Velcro closure make it easier to get in and out of the shoe
  - **Had your shoes for a while**
    - Found the perfect fit and bonded with your shoes
    - Remember to give them the once over every now and then
    - Shoes wear out faster than most of us expect
    - Guideline: a walker who takes 30-minute walks three times per week might need to replace them after 9 to 12 months of use

Adapted from the arthritis foundation [www.arthritis.org](http://www.arthritis.org)