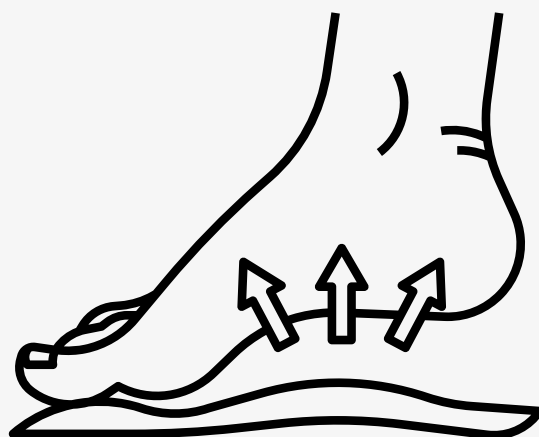


HOW TO CHOOSE WALKING SHOES



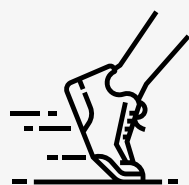
Measure your feet before you go to the store. Don't forget to bring your socks.



Consider your specific foot type, including arch type and gait.

“The ideal walking shoe should be stable from side to side, well-cushioned, and it should enable you to walk smoothly. Many shoes fit all of these criteria well, and for most people are acceptable for a walking program.”

- American Academy of Podiatric Sports Medicine



Try on several pairs of shoes of different brands and sizes, late in the day when your feet are swollen. Choose the shoe that fits your largest foot.



Replace your walking shoes every 600-800 miles or every 6-8 months.



You can also wear running shoes for walking, but it's important to choose a shoe that is stable and well-cushioned.



Athletic shoes can be expensive, but investing in the right pair of shoes can save you from problems later. Take good care of your body by investing in good shoes.

