

Buying Walking Shoes

When shopping for walking shoes, remember these tips. They can help you get the comfort, style, and support you need.

- If you need special help and advice, go to a store that specializes in athletic shoes.
- Shop late in the day when your feet are biggest.
- If you have some old athletic shoes, bring them with you. They will help the salesperson determine your gait by seeing where your shoes wear down the most. Then you can buy new shoes that match your gait.
- Try on shoes with the socks you will exercise in.
- Make sure the front of the shoe is wide enough so that your toes can spread.
- Make sure your longest toe is about the width of a thumbnail from the end of the shoe by pressing down with your thumb.
- After lacing, make sure that the lace holes on either side of the shoe are at least one inch apart. If they are too close, you will not have enough room to adjust the laces. If they are more than 2 inches apart, the shoes may be too tight.
- Stand on your tiptoes to make sure that your heel does not come out of the shoe.
- Walk around the store to check for comfort and cushioning. Walk on a hard surface, if possible.
- Make sure that the shoe bends easily under the ball of your foot. Make sure there is no tightness or rubbing, and that the shoe's arch support matches up with your foot's arch.
- Think about buying mesh or leather walking shoes; they let your feet breathe.

Sock It To Me

For walking comfort and stopping blisters, get socks that fit without bunching. Don't get them too small – they will put too much pressure on the end of your toes. Acrylic socks are a good choice because they will move the sweat away from your skin. Cotton socks keep the sweat on your feet and bunch up when wet. The thickness really does not matter. Try on shoes with the socks you will be wearing. Otherwise, the shoes may be too loose or too tight.

