

# SHARE THE WELLNESS TIP



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## Shoe Away Foot Pain



Need an excuse to get more shoes? Experts advise buying specific shoes for any exercise you do at least three times each week. For example:

- Walking shoes provide extra shock absorption in the heel and under the ball of the foot. They allow you to shift your weight smoothly from your heels to your toes.
- Running shoes are designed to absorb shock as your heel hits the ground.
- Tennis shoes are firm on the sides to support your feet during quick side-to-side movements.
- Cross trainers combine some of the features of shoes designed for specific activities.

Here are some tips for picking out a winning pair of shoes:

- Buy shoes that fit comfortably at the heel and sides as well as the toes.
- Since your feet typically swell throughout the day, shop for shoes in the afternoon or evening.
- When you stand up in a new shoe, make sure there's at least a half-inch space between your longest toe and the end of the shoe.