

Making a Good Fit! Shoes for Active Feet



Whatever the activity, wearing the right kind of shoes is very important for your comfort and safety. Here are some helpful tips:

- Shop around for various styles and brands. Ask the salesperson to assist you in choosing the shoe best suited for your chosen activity.
- If possible, go to an athletic store and be fitted for shoes that are appropriate for your width, arches, and gait.
- When trying on new shoes, wear the kind of socks you will wear when you are active. Wear cotton socks or athletic socks. Discard worn-out socks to prevent blisters.
- Your feet swell slightly during activity and at the end of the day. So, when shopping for new shoes, go right after you have been active or at the end of the day.
- Walk around when trying on shoes. There is no need to break in athletic shoes. They should feel comfortable right away.
- There should be one thumb's width of space between your longest toe and the end of the shoe.
- The heel should not pinch or slip when you walk.
- The shoes should bend easily at the ball of your feet just behind your toes.
- After exercising check your feet for any sores, cuts, or blisters. Tell your primary care team if these don't heal.
- Replace your shoes when the soles (bottom) are worn or slick. If the rest of the shoe is still in good shape, you can replace just the insoles (inside cushions) when worn.
- If you are walking regularly to manage your weight, you may need to replace athletic shoes frequently. Many runners will replace their athletic shoes every 3–6 months.