

## Footwear is important

Walking is low cost and an effective form of exercise. However, the wrong type of shoe can cause foot or shin pain, blisters, and injuries to soft tissue. Incorrect footwear can also contribute to falling or slipping.

## Tips for healthy feet

- When choosing shoes consider the activity, the surface and need for support
- Hard surfaces can cause pain and problems so wear supportive shoes (preferably lace-up) with softer soles and innersoles
- Whenever possible, walk on grass rather than concrete to help absorb the impact
- Lace-up boots may ease foot soreness as they allow feet to sit correctly in the shoes
- Avoid walking in high heels as they place the foot in an unnatural position which increases stress on the body and feet, and affects your posture
- Shoe inserts and insoles can increase comfort and support, and even correct individual foot problems. Insoles can be bought from pharmacies, sports stores or individually tailored by a podiatrist.
- Alternating your shoes from one day to the next will help to vary the posture of the foot and distribute the load over a greater range of joints and muscles
- See a podiatrist if foot problems persist

## Choosing footwear for healthy feet

Purchasing new footwear doesn't have to break the bank. When choosing appropriate shoes, find something comfortable and durable that suits your needs and is within your budget.

A good shoe should have:

- A firm heel that fits snugly around the back of the foot to avoid slipping during walking
- Sufficient depth and width at the toes. There should always be a short space between the tip of the longest toe and the end of the shoe.
- An upper made from a natural material, such as leather, that allows the foot to 'breathe'
- A sole made from a material like rubber. This provides good shock absorption and is less slippery than leather.
- Make sure your shoes are comfortable, fit properly, and have appropriate heel and arch support



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