

WALKING FOOTWEAR

Footwear is very important! You need to upgrade shoes and boots regularly – somewhere between every 500 miles or every 6-8 months. It's way less expensive than fixing your knees or back!

Fun Facts

- Your feet are your most important body part – they house 25% of your muscles
- And they get a lot of use! Most people log at least 75,000 miles on their feet by the time they turn 50.

How To:

- Make sure shoes fit properly – should be comfortable
- Use the right shoe for each activity – they are specifically designed to support your feet for the movement of each activity
- Sufficient cushion to absorb impact = also helps protect knees
- Stability at the heel; flexibility at the ball of the foot – but not so much that the shoe can bend in half
- Thumb's width of room between your toes and tip of shoe – should not feel constricting
- Shop later in the day when your feet are naturally more swollen
- Measure your feet each time, especially if you have lost or gained weight, or given birth

Proper Fit

When you're walking, the critical muscles and tendons around the ankle require the most support. The peroneal tendons (on the outside of the ankle) help stabilize the ankle and prevent the foot from "rolling in" on uneven surfaces, said [Illinois Bone & Joint Institute](#) surgeon Dr. Anand Vora. "Women especially want to be sure to accommodate the forefoot (the toe area) and to stabilize the hindfoot and ankle with secure lacing,"

Differences between Walking and Running Shoes

- Walking shoes are slightly lighter and more flexible than running shoes, which tend to be a bit more rigid
- Walking shoes should have more cushion in the back because walkers typically strike on the heel. Runners tend to strike with their toe so running shoes may not offer sufficient cushioning in the heel

OR NO FOOTWEAR

Wearing shoes all day deprives our feet of a chance to work.

- Toes need to push into the ground to maintain balance and the foot muscles contract to maintain posture and balance
- Supportive shoes do most of the work instead of the feet; thick soles rob the bottom of our feet of sensory stimulation that helps you maintain good posture, stay balanced and avoid falling
- The more you wear shoes, the less your brain and muscles practice these skills
- Nerves in our feet, just like other places, start to lose sensitivity in our 40s, requiring more stimulation to obtain the same response
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GO BAREFOOT! At least 30 minutes of day, especially when doing things that vary your movements, such as housework.