Does The Shoe Fit?

Here’s how to put your best foot forward.

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The proper shoe can prevent sore feet and achy joints. Shoe shop at the end of the day, when feet are largest, and at an athletic footwear store, where salespeople will measure your feet and have options if you’re hard-to-fit. Wear the shoes only for walking, and replace them about every six months.

- Make sure there’s at least a thumb’s width between your big toe and the front of the shoe.
- Inner soles should be made of flexible, sturdy, shock-absorbing foam, such as EVA.
- Look for wide, slanted heels to help you push off with your toes and roll your foot forward.

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http://beta.docker.realhealthmag.com/article/Does-The-Shoe-Fit-11413-7474