

Healthy Steps:

The Right Walking Shoes

Choosing the best walking shoes is about starts with understanding your foot type and walking style

Look for shoes that offer good arch support, cushioning, and a snug but comfortable fit:

- If you have flat feet or high arches, consider specialized insoles or shoes designed for your foot shape.
- A well-cushioned sole absorbs impact and protects your joints, while a flexible sole allows for a natural stride.
- Always try on shoes at the end of the day when your feet are slightly swollen to ensure the best fit, and wear the socks you plan to walk in.

Pay attention to the shoe's heel and toe design:

- A slightly rounded heel helps with a smoother heel-to-toe transition, while a roomy toe box prevents discomfort or blisters during longer walks.
- Breathable materials like mesh help keep your feet cool and dry, and lightweight construction reduces fatigue.

Don't be swayed by style alone—comfort, support, and durability should be your top priorities. Investing in the right walking shoes can make all the difference in how enjoyable and sustainable your walking routine becomes!

Want to learn how walking can impact your health? Schedule an appointment today!

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