Put Your Best “Foot” Forward

The month of May brings warmer weather and you and your club members probably find yourself involved in more outdoor activities. This is a good time for your club to make sure that the footwear you are using for your activities fits properly. This month your club can ask a local shoe store if they will sponsor a day of “shoe fittings” for your community. This means that members of your community could come into the store and see if their athletic shoes are fitting properly.

Below are some tips for a proper shoe fit:

- Size varies among shoes brands and styles. Don’t select shoes by the size marked inside the shoes. Judge the shoe by how it fits on your foot.
- Select a shoe that conforms as closely as possible to the shape of your foot.
- Have your feet measured regularly. The size of your feet changes as you grow older.
- Have BOTH feet measured. Most people have one larger foot than the other. Fit the shoe to the larger foot.
- Fit at the end of the day when your feet are the largest.
- Stand during the fitting process and check that there is adequate space (3/8” to 1/2”) for your longest toe at the end of each shoe.
- Make sure the ball of the foot fits comfortably into the widest part (ball pocket) of the shoes.
- Don’t purchase shoes that feel too tight, expecting them to “stretch” to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slippage.
- Walk in the shoe and make sure it fits and feels right!

Below are some tips for selecting athletic shoes:

- Try on athletic shoes after a workout and at the end of the day. Your feet will be at their largest and you will get the best fit.
- Wear the same type of sock that you will wear for the activity.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes.
- The shoes should be comfortable as soon as you try them on.
- Walk or run a few steps in the shoes. They should be comfortable.
- There should be a firm grip of the shoes to your heel. Your heel should not slip as you walk or run.

Having proper fitting athletic shoes will help you to be safe when trying to reach your daily goal of 60 minutes of physical activity!

Source: (www.aofas.org)