



Healthy For Good™

# GET THE RIGHT SNEAKS

You don't have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.



## LOOK FOR A SHOE THAT:

 PROVIDES SUPPORT AND CUSHIONING FOR YOUR ACTIVITY AND FOOT TYPE (ESPECIALLY ARCH HEIGHT)

 IS JUST FLEXIBLE ENOUGH TO BEND NEAR THE BALL OF THE FOOT

 OFFERS STABLE HEEL SUPPORT (THE HEEL CUP DOESN'T EASILY COLLAPSE INWARD)

 HAS A THICK ENOUGH HEEL TO ABSORB SHOCK

## SIZE IT UP:

 GET FITTED AT THE END OF THE DAY, WHEN YOUR FOOT TENDS TO BE THE BIGGEST

 HAVE YOUR FOOT MEASURED AT AN ATHLETIC STORE EACH TIME YOU BUY SHOES

 WEAR YOUR USUAL ATHLETIC SOCKS WHEN TRYING ON SHOES

 ALLOW A FINGER'S WIDTH OF SPACE BETWEEN YOUR LONGEST TOE AND THE END OF THE SHOE

 WALK OR RUN AROUND THE STORE IN THE SHOES FOR ABOUT 10 MINUTES

**BONUS ROUND:**  
REPLACE WHEN THE TREAD IS WORN DOWN OR UNEVEN, USUALLY AFTER 350 TO 500 MILES OF RUNNING