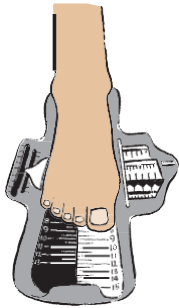


How to Pick the Right Shoe

When you shop for shoes, take this tip sheet with you. Take your time to carefully select shoes. You are looking for a shoe that protects your feet, keeps them dry and offers support as you walk.



- Have your foot measured to make sure you are selecting the right size and width.



- Select a shoe with flexible fittings, such as laces or “hook and loop” straps. Avoid slip ons.



- Try on the shoes with socks and walk in them at the store.
- Pay attention to the fit. No part of the shoe should pinch your feet.



- The inside should be smooth and have no seams.
- Look for cushioned insole that prevents rubbing or friction.
- The ankle area should be soft and supportive.



- The toe box should be wide enough so you can wiggle your toes.
- Your foot should not slide inside the shoe as you walk.