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Start Off on the Right Foot

? Did you know? Walking shoes usually wear out in about 6 months when used often, so replace them when worn. Good cushioning in the soles can reduce ankle or knee strain.

Shoe Shopping Tips

Visit sport shoe stores with experienced personnel ready to help you find the right fit. Experts recommend running shoes, which provide extra cushioning and thick, flexible soles to absorb shock. Shoes should feel comfortable right out of the box – before buying, walk around in them in the store for a few minutes.

Tips: Try on shoes late in the day, when your feet tend to swell slightly; fit the larger foot. Allow a half inch between the end of your longest toe and the tip of your shoe.



A WALK-FOR-WELLNESS PROGRAM™

"YOU MUST DO THE THING YOU THINK YOU CANNOT DO."
ELEANOR ROOSEVELT, FIRST LADY