

# 6 STEPS TO GET ON THE MOVE

## Choosing Walking Shoes



### Choose a flexible sole with a lot of bend in the toe.

When you walk your foot should hit heel first then roll gradually from heel to toe.



### Don't let a heavy walking shoe slow you down.

Choose a shoe that is light-weight and breathable.



### Make sure you can move your toes.

There should be a thumbnail's width between your toes and the end of your shoe, and the shoe should be wide enough to let your toes move freely.



### Shop for shoes at the end of the day.

Try on shoes when your feet might be slightly swollen, and bring the same socks you plan to wear on your walks.



### Walk around the store.

Walking around on the hard surface of the store floor for a few minutes is worth the extra effort to ensure that the shoe doesn't slip or pinch.



### Wear your shoes around the house.

Until you are sure the shoes will work for you, don't venture out and risk scuffing them up.



ON THE MOVE