



How to Select Walking Shoes

You don't need a fancy pair of walking shoes—just put on comfortable shoes that give you good support and prevent aches and pains. If you want to purchase new shoes, here's what to look for:

- Brand name shoes can last longer and be a worthwhile investment.
- Choose a shoe that fits your foot and feels good.
- Look for firmness in the heel counter (the part that cups your heel) and good arch support. Wear the same type of socks you will be using when trying on shoes.
- Wear your shoes indoors for a few days to make sure they fit.
- Replace worn shoes. If you feel a new type of ache, then it may be time for new shoes.

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.

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