

EASY STEPS TO FINDING THE PERFECT SHOE.

If the Shoe Fits ... Wear it!

Follow these steps to identify the most ideal type of shoe that works for your foot.



Flat Arch

Normal Arch

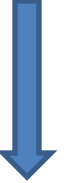
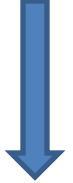
High Arch

What kind of foot do you have?

Take the wet foot test to determine your foot type.

What does your foot do when you walk or run?

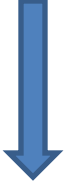
Pronation is your body's naturally built-in shock absorber. Have someone examine your ankle flexion as you walk or run to determine your degree of pronation.



Pronated
OVER

Neutral
NORMAL

Supinated
UNDER



Motion Control

Stability

Cushioning

What does your foot do when you walk or run?

Use the symbols shown at the right to identify the type of shoe that would be most ideal for you.

Motion Control: Flat feet generally over-pronate and need motion control or stability shoes to reduce the degree of pronation.

Stability: Neutral feet are the most efficient and generally need cushioned or mildly stable shoes.

Cushioning: High-arched feet need a lot of cushioning to prevent injury.

- ✓ **LENGTH:** You may have been a 7 ½ your whole life but walking and running shoes are different. The sizing can change from brand to brand or even amongst styles. Remember – you need a thumb's width of space between your longest toe and the end of you shoe.
- ✓ **WIDTH:** Your shoe should feel secure but not constricting; additionally, your foot should not feel "sloppy" in the shoe.
- ✓ **HEEL:** Snug is good when it comes to heel fit. Your heel should fit comfortably in the shoe with little or no movement.