

wellness

SHOES

Dress for Your Foot Type

What's your foot type? Step into water, then walk on a dark-colored bath mat or sand. Take a look at your footprint to see what foot type you have.

NORMAL: Wide at the top, narrowing at the center and getting a little wider again at the bottom. You'll be comfortable in a variety of shoes.

RIGID: Forefoot and heel look like they're disconnected because of your high arch. You need shoes with maximum cushion.

FLAT: Your foot is about the same width from toe to heel. You need shoes with good stability and motion control.

My Feet Hurt!

Foot pain is no fun. Soothe it away by:

- Sitting down
- Soaking your feet in hot water and a foot therapy product
- Massaging your foot muscles with sports cream
- Rubbing your toes with your hands
- Choosing the right shoe for the activity the next time

Hints for Happy Feet

- ✓ Try on several pairs of shoes when you go shopping
- ✓ Look for quality and durability over fun brand names
- ✓ Make sure they fit properly
- ✓ Wear them around the house a while to make sure they'll work
- ✓ Choose the right shoes for the activity ahead

What Do You Know About Your Feet?

My size shoe is: _____

Have had my feet properly measured: _____

My feet are:

- Narrow
- Normal width
- Wide width

My foot type is:

- Normal
- Rigid
- Flat

My activities where the right shoe counts:

REVIEW ONLY

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School Datebooks