

# wellness

## SHOES

### What to Wear When

Flip flops in a dozen colors. Skateboard shoes for every occasion. Is your choice of footwear more about fashion than functioning feet?

#### Dress for the Occasion

Fashion has its place, and by all means, you should have a pair or two of favorites for those must-look-good times.

Save the spike heels—which put all your weight and stress on the front of your foot—for glamorous events. Save the flip flops—which don't support your ankles—for casual days. And save the skateboard shoes for the boards.

#### Give Your Feet a Break

When it comes to hiking, athletics, serious dancing or other activities where you'll want your feet to feel good and support you well for hours, choose your shoes with that activity in mind.

Athletic shoes provide strong support, so your feet—and the rest of you—can deliver maximum performance. The right shoes can also help prevent injuries, especially true if you run track or cross country.

For hiking, safety comes into play, as well as comfort. Choose shoes or boots with a treaded, high-grip outsole. And if you're headed for rocky trails, make sure you're wearing a high-cut hiking boot, to prevent ankle sprains.

Watch for wear, too. If the insole cushioning our outsole is losing its luster, it's time to replace those shoes.

#### What Feet Are Made Of

Even so simple-looking complex machines called feet have to function. What's at work?

- 26 small bones in each foot
- An intricate network of ligaments and muscles
- A support system for your full body weight

#### If the Shoe Fits, Wear It

The right fit is on—so important.

Your feet may have just the perfect heels for Saturday night, but a half-size too small could leave you thinking only about how much your feet hurt—and that's no fun. The same goes for shoes that are too big—they slip at the heel, could make your trip and just don't hold you up.

Slide your feet into shoes that fit and feel good.

"Give a girl the right shoes and she can conquer the world."

— Bette Midler

"I still have my feet on the ground. I just wear better shoes."

— Oprah Winfrey

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