

# 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 footprints 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 trendy brand names
- ✔ Take care to fit them 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: \_\_\_\_\_

I last 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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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