



## Seven Steps to Safer Shoes!

*A guide to buying the right athletic shoes.\**

**#1 Be clear about the purpose.** Why are you buying these shoes? What is the main purpose & activity for the shoes? Are they for a specific sport or activity? Are they for cardio, aerobic classes, walking, running, tennis, golf, soccer, or are they for multiple activities including housework, driving, errands and shopping? If you need shoes for multiple uses, a crosstrainer will do. Otherwise, purchase shoes for your specific sport; i.e. golf, soccer.

**#2 Shop for athletic shoes late in the day**—definitely after noon, or early evening, after you have been on your feet for some portion of the day. The reason for this is that our feet swell throughout the course of the day. Trying on shoes later in the day will help you avoid buying shoes that are too small. Also, athletic shoes should be 1-1 ½ sizes larger than regular street shoes.

**#3. Be sure to take your orthotics, arch supports, and thick socks,** or the socks that you typically wear with these shoes, if you have them. This is so you will have a very good idea of what size to buy; the orthotics, and socks will take up extra space.

**#4. Shop at a reputable sporting goods store,** or one that has many different brands of athletic shoes in stock. Next look for the type of shoes that you need (refer to #1 again.) Next, find the right shoes for your feet. Do you supinate or pronate as you wear your shoes? Do you have bunions? Do you need more arch support? Or cushioning in the heel?

**#5. Perform some in-store-shoe-wear-testing** by walking around in the shoes in the store before you purchase them. Some stores have indoor tracks so you can test out the shoes. Be aware of how your feet feel in the

toes, and in the heels. There should be no toe cramping or heel slippage, and enough width for your metatarsals.

#6. If you have your old shoes with you, place the bottoms of your shoes heel to heel to notice which part of your shoes wears out the fastest. If the outside of the sole is worn down, then you probably supinate or walk on the outside of your foot. If the shoes are worn down on the inside, then you tend to turn-in, or pronate, as you walk. This knowledge helps to see where you need the most support, and to guide you to buy the right shoes for your feet.

#7. Lastly, ask questions from store personnel who may be knowledgeable about shoes for physical activity and specific sports. Find out about the return policy, and plan to wear the shoes inside your home for at least 24 hours before you wear them outside. Shoes cannot be returned once they are worn outside.

\*Understand that buying the right shoes is an investment in your health, and helps prevent future injuries down the road. Your feet are your life!

Questions? Send them to [katie@katkoaching.com](mailto:katie@katkoaching.com)

©Katie Blum-Katz, 2022.

All rights reserved.

Copy for your personal use only.