Looking to buy a new pair of walking shoes? Keep in mind everyone’s foot is different and people have different walking styles. The best shoe for YOU is the one that fits YOUR foot. Here are a few basic tips to keep in mind:

- Look for a low, supportive heel that rounds (or bevels) in. A thick heel or one that flairs out (like many running shoes) will cause your foot to slap down rather than roll.

- A walker’s foot hits heel first and then rolls gradually from heel-to-toe. Make sure the heel is padded to absorb shock as your heel hits the ground and the sole is flexible as you roll up on your toe. Walking shoes will bend more in the sole than a running shoe.

- Be sure your foot has enough room in the toe box. There should be about a half inch between your toes and the end of the shoe, and wide enough for your toes to move freely. Your heel should not slip, and the shoe should not pinch or bind.

- Proper arch support is important – make sure the shoe offers adequate support whether you are high-arched or flatfooted.

- Look for a shoe that is light and breathable.

- Go shoe shopping at the end of the day or after your walk when your feet may be slightly swollen. Also wear the same socks you will be wearing during your walks.

- Take in an old pair of walking shoes when shopping. Trained personnel can recommend the best fit for you by looking at how your old pair has been worn out on the bottom.

- Wear your shoes in the house for a few days to try them out. Don’t venture outdoors until you are sure the shoes are going to work for you.

- Most shoes last about 300-600 miles. To extend the life of your shoes be sure to only wear them for your walks. Also rotating two pairs of shoes will give them time to “bounce back” between walks.

The best shoe is simply the one that fit your feet the best!

For more tips and walking information, visit www.thewalkingsite.com.