

## **IF THE SHOE FITS, WEAR IT**

### **Tips to Wear By**

- Most shoes wear out between 300 and 500 miles
- The midsole features the most important cushioning
- Toss the shoe when the cushioning wears out to avoid injury
- Test for wear: Put your shoes on a table and look at them from behind. If they “roll in” or “roll out”, toss the shoes
- Comfort can be misleading because you adapt to your shoes

### **Sizing for a Comfortable Fit**

- You should be able to fully extend your toes when you’re standing
- You should be comfortable from the moment you put the shoes on
- Fit the shoe to the largest foot
- Women with large or wide feet should consider buying men’s or boys’ shoes

### **General Tips**

- Four attributes of shoes to evaluate footwear needs  
Cushioning, Stability, Wearability and Fit
- Shoes are not part of your fitness apparel, but instead an essential piece of equipment
- If you have exercised for some time injury-free, then stick to a particular style of shoe

### **Consumer Savvy**

- Choose a store that employs a professional shoe fitter or pedorthist
- Disregard the advise: “they’re going to stretch out”
- Visit a store at the end of your day, when your feet are the largest
- Wear sport-specific shoes for sports you play more than 3 times a week