

I ♥ MY FEET!

# CHOOSING THE RIGHT FOOTWEAR

Considerations for happy feet

## 1 CORRECT SIZE



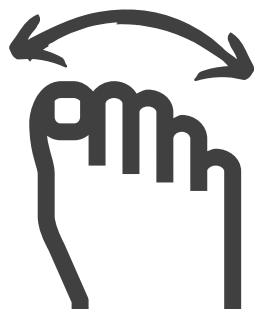
Purchase shoes that are **½ to 1 size larger** because when standing, the feet will swell. Don't rely on the size of your current pair either, measure each time and do so **WHILE STANDING**.

## 2 TIMING



It is best to buy work shoes right after you have been standing for an extensive length of time. Your feet are more communicative when they are tired.

## 3 LET THEM MOVE



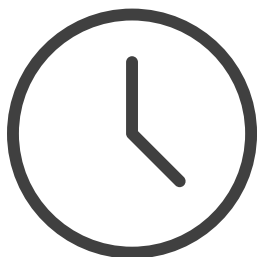
Make sure your toes have the room to wiggle.

## 4 SOFT HEELS



When trying on shoes, go for a softer heel material.

## 5 SHOP LATER



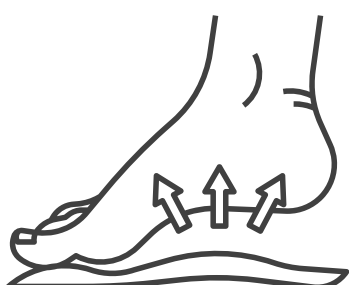
Shop for shoes in the late afternoon. Feet stretch with activity and as we have been standing. You will get a feel for your true size later in the day.

## 6 TRY THEM BOTH



Always try on both shoes and spend a few minutes walking in them. Don't read a book by its cover! Comfort over appearance is **IMPORTANT!**

## 7 ARCH SUPPORT



Get your feet wet and step on a piece of cardboard so you can see your footprint. Show an instep? You probably have flat feet. See just your heel and toes? You're looking at a high arch.