You don’t have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.

LOOK FOR A SHOE THAT:

- Provides support and cushioning for your activity and foot type (especially arch height)
- Is just flexible enough to bend near the ball of the foot
- Offers stable heel support (the heel cup doesn’t easily collapse inward)
- Has a thick enough heel to absorb shock

SIZE IT UP:

- Get fitted at the end of the day, when your foot tends to be the biggest
- Have your foot measured at an athletic store each time you buy shoes
- Wear your usual athletic socks when trying on shoes
- Allow a finger’s width of space between your longest toe and the end of the shoe
- Walk or run around the store in the shoes for about 10 minutes

BONUS ROUND:

- Replace when the tread is worn down or uneven, usually after 350 to 500 miles of running

Eat Smart
Add Color
Move More
Be Well

Learn more at HEART.ORG/HEALTHYFORGOOD