

Title:

How To Pick The Right Shoe/Footwear

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Summary:

Every so often it happens that you land up buying the wrong pair of shoes that not only hurts

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Article Body:

The Importance of Picking the Right Shoe

Every so often it happens that you land up buying the wrong pair of shoes that not only hurts

Determine the Profile of your Arch

First and foremost; it is important to determine and understand profile of your arch. There are

If the footprint shows your entire foot, then you are said to have a flat arch or a low arch.

If the footprint shows just the ball and heel of the foot; it is referred to as a high arch shoe.

Assess the Shape of your Ankles

For skinny ankles; bulky or chunky shoes are a strict no-no. Not only will these look oversized

Picking the Right "Running Shoe"

Running shoes need to be replaced on a regular basis in order to keep your feet in good health.

The Checklist

When shopping for walking shoes; ensure that the front part of the shoe flexes or bends easily.

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