It’s back-to-school time again!
2
Take a Load Off

Look no further than the bag on your shoulder, stuffed with everything from lipstick to diapers, as the source of your aching neck and back. Here’s a guide to making your body stronger and your bag lighter — without sacrificing a bit of style.

7
The Thrill of the Grill

The memory of seeing loved ones getting injured or sick at a barbeque is not uncommon. Here are a few tips to ensure you have all the right ingredients for a perfect barbeque season.
There and Back Again

For today’s children, walking to school is not the option it once was, so it’s not unusual for families to be starting their day transporting children to one school or more; in which case, it’s good to know and follow the safety rules.

The Teen … the Rebellious and the Risky

Teenagers test the limits set by those of authority — parents, teachers and coaches. In doing so, they may engage in risky behaviors and, as parents, we need to make sure that we help our teenagers stay safe.

If the Shoe Fits Wear It!

Make sure the shoes you buy and wear keep you smiling by keeping you injury free, your feet comfortable, your posture straight and both feet on the ground!
Take a Load Off

Want pain relief without a pill?

Look no further than the bag on your shoulder, stuffed with everything from lipstick to diapers, as the source of your aching neck and back. Here’s a guide to making your body stronger and your bag lighter — without sacrificing a bit of style.

Big bags manage big loads and are seemingly perfect for the modern woman, who never knows what duties she might be called on to perform in the course of a day. Look around enough in a suitcase-size handbag and you’ll surely find something to get the job done.

But all this “you never know what you’ll need” practicality comes with a price: oversize totes carry a serious potential for injury. The combination of the weight of the bag against muscles, tendons, nerves and ligaments — plus the compensating shift in posture you make to carry the load — can lead to headaches, back pain and body aches. Really push the load
The things they carried

What exactly are we hauling around each day? When a survey was conducted that asked nearly 100 women in two different states in the US, almost everyone had the expected wallet, mobile phone and keys, but a few quirky items surprised the people conducting the survey.

The right way to carry a bag

It is not only the size and weight but also where and how you tote your purse that can lead to aches and pains. Avoid injury by making these four simple adjustments.

A Switch it up
Carrying a bag on the same side all the time can overwork muscle and permanently corrupt your posture. To prevent this, switch sides every few minutes.

B Pretend you’re doing Pilates
Keep your abs engaged (like you’re buttoning up a tight pair of pants), your weight centered over your feet, and your shoulder blades down and back.

C Avoid elbow overload
Hold your bag on your shoulder — not in the crook of your arm. This way you’ll avoid elbow injuries like tendinitis.

D Wear it diagonally
Sling a heavy bag across your body to minimize swing. This allows the trunk muscles to carry more load, so your lower back is less tired.

Toiletries  Keys  Magnifying Glass  iPad  Harmonica  Makeup Bag
Put your bag on a diet
Three key items account for more than their share of weight in women’s bags. Target these for a slim down

Wallet
Packed with coins and hard-plastic credit cards, this can easily weigh half a kilo or more.
Fix it: Go through your wallet every other day to take out unwanted items. Put coins in a jar on your dresser.

Key chain
Weighing up to almost 1 kg, surveys found them hooked with everything from family photographs to zip drives.
Fix it: Remove any keys and items that you don’t use on a daily basis.

Makeup
These bags often tip the scales at 1.5 kg or more.
Fix it: Choose a downsized, all-in-one makeup kit.

Lighten your load
Kick the packhorse habit with these tips:

1 Be a planner
Spend a few minutes in the evening sorting out the next day’s schedule. Noontime workout? Big event at work? Know exactly what’s on your plate so you don’t weigh yourself down carrying unnecessary items.

2 Divide and conquer
If possible, split your bag into two sections (or buy one with a center divider). Keep your permanent stuff (wallet, mobile phone, keys, etc.) on one side, and put your temporary things (work-related items, bills) in the other section. Clean out temporary items nightly so you’re never lugging around more than you need.

3 Create a pouch system
Organize your stuff into zippered bags, you can easily switch out on an as-needed basis. That might include one pouch for makeup, one pouch for change and another for pens and a small notebook and so on. Have a small, spare handbag that fits just essentials (wallet, mobile phone, keys) to take when traveling a short distance.
Lift like this, not like that

Hauling around a heavy bag isn’t the only way to invite back pain and other woes. Lifting any weight over 10 kg has the potential to cause injury, especially if you’re moving the object from a position below your knees to above your waist or holding it in front of your body. Among the top triggers getting patients to their doctors are lifting kids or pets, placing or removing car seats, removing heavy packages from the car trunk and carting gardening items. Here is how to avoid a trip to the doctor’s office:

1. Act like an athlete
Before lifting anything heavy, take a cue from Olympians and do a simple warm-up. This is especially important first thing in the morning, when your ligaments and tendons are tight, or if you’ve been sitting all day. Do some basic upper body circles for a count of four.

2. Practice the two-point lift
Get as close as possible to the object you are picking up, keeping your torso tall (don’t lean over). Use the strength of your legs and bottom to complete your lift — not your back!

3. Reverse course
If you always put the car seat in from the same direction or carry groceries on the same arm, break the pattern. You need to counter-balance to prevent the muscles from becoming overstretched.

4. Don’t floor it
Put grocery bags or parcels on a counter, not at your feet. High is almost always better than low for lifting.

5. Take a break
If you’re hauling heavy things in the garden, divide your tasks to do a little at a time or ask for help.

Where and why it hurts?

Need proof that carrying a heavy pocketbook can have serious consequences? Here’s a head-to-toe look at the physical toll a too-hefty load can take.

Women Surveyed reported pain in these areas:

- 57% neck
- 20% arms
- 53% back
- 84% shoulder

Tension headaches caused by pressure on the muscles in the back of the head and shoulders

Upper-back (trapezius) and neck (cervical paraspinals) muscles become strained from carrying heavy weight in one position over time

- Painful osteoarthrits or full-blown degenerative joint disease in predisposed shoulders
- Numbness and tingling in the arm from nerve microtrauma
- Increased risk of scoliosis (curvature of the spine) or kyphosis (hunchback) in women with weak bones
Power moves that prevent pains

If your upper-body muscles are weak or tight, a too-heavy bag will do damage faster. Firm up with these stretches and strength moves.

Neck rotation
Slowly circle head to the right, forward and left; reverse. Do 5 to 10 reps per side.

Shoulder roll
Stand tall with shoulders pressed down, roll shoulders up, back, down and forward in a circle 10 times; repeat in reverse direction.

Neck stretch
Stand tall, with right hand behind the head near left ear. Gently pull down toward right shoulder; hold 10 seconds. Repeat on other side.

Lateral pull-down
Place center of resistance band firmly in closed doorway, one end in each hand. Raise hands above head, and then pull elbows down to sides. Hold for one count, and then raise hands back to start. Do 12 to 15 reps.

Resistance band row
Place left foot on resistance band and right foot back, and hold one handle with right hand. Slowly draw elbow up toward ribs. Hold for one count, and then lower. Do 12 to 15 reps. Switch sides and repeat.

How 100 bags they examined tipped the scales?

2.1 kg
Average weight of single bag

4.1 kg
Heaviest single bag

8.1 kg
The total-weight champion
Summertime barbeques are the best way to spend time with family and friends. The smell of grilled food brings a smile to everyone’s face. Many of us have fond memories of these days. But for some, the memory of seeing loved ones getting injured or sick at a barbeque is not uncommon. Here are a few tips to ensure you have all the right ingredients for a perfect barbeque season.

**Food-borne Illnesses**

Since these events typically happen outdoors, there is a higher risk for food-borne illnesses. Disease-causing microorganisms, such as bacteria, viruses, molds and parasites, can occur in food that is not properly refrigerated. Protect your food from getting contaminated.
Gas and charcoal grills must only be used outdoors and well away from combustible items (e.g., tree branches and roots, gas tanks). Never use grills indoors, or in any enclosed spaces, such as tents, since they pose both a fire hazard and risk of exposing occupants to toxic gases and potential asphyxiation.

Children love barbecues as much as adults. So remember to keep lighter fluid and matches out of the reach of children and keep them away from heat sources. Keep a one meter safe zone around the grill to prevent burns and other personal injuries. Be aware of the wind blowing sparks.

According to the US National Fire Protection Association, almost one-third of gas grill injuries were burns incurred while lighting the grill. Always follow instructions that come with the grill. For gas grills, keep the top cover open when lighting the grill to avoid buildup of gas.

Flash fires or explosions can occur when gas tanks are exposed to heat and fire. Always brush a leak detection solution (mix one teaspoon of soap and one cup of water) and check for any bubbles before connecting and lighting a gas tank. Make sure you store tanks away from the grill and never store tanks in an enclosed area. It’s a good idea to keep a fire extinguisher nearby.

First-degree burns can cause serious damage. Use long-handled barbecue tools and flame retardant mitts to handle hot food. Do not wear loose clothing and watch for dangling apron strings. Place the food away from guests so it can cool down for a few minutes before serving.
Gas vs. Charcoal Grills

Gas grills are usually preferred over charcoal grills because of their convenience and ease. Dealing with gas, however, brings with it serious hazards. The leading cause of fires involving a gas grill is a leaking cylinder or hose. Before connecting or lighting a gas grill burner, brush on a leak-detection solution to check connections for leaks — do not use matches or lighters to check for leaks. When not in use, keep cylinders out of the reach of children so they do not play or tamper with cylinders. Always use or store gas cylinders in a shaded area outdoors and make sure they are in an upright (vertical) position. A cylinder should be discarded if it has dents, damage, rust or leaks.

Charcoal grills may seem straightforward but they have their own set of hazards. Lighting coals poses the biggest danger because many cooks use too much starter fluid. You only need about 1/2 cup of lighter fluid (never use gasoline or other accelerants), allowing one minute for the fluid to soak into the coals before lighting. When you are ready to light, use a long-handled match or wand-type lighter and keep your distance. Once the coals are hot, it is your job to make sure the area around the grill is well supervised.

If the grill is portable, take extra precautions to make sure there are no sports being played around the grilling area and children are kept far away. Make sure the grill’s legs are on a stable surface to prevent the grill from tipping over. Leftover coals can also pose a threat if they are not extinguished safely. Lower the lid and close the vents on the grill when you are done cooking. Cutting off oxygen helps the coals to extinguish faster. Do not store live charcoal grills inside an enclosed area. Charcoal produces carbon monoxide fumes and can be deadly.

Remember: The best thing you can do before grilling is to read and follow the owner’s manual no matter what type of grill you use.

Best Recipe for the Grill: Lime Shrimp Kebabs

- 1/3 cup lime juice
- 1/4 cup orange juice
- 1 large onion
- 2 tablespoons soy sauce
- 2 tablespoons honey
- 2 garlic cloves, minced
- 2 teaspoons grated peeled fresh ginger
- 2 tablespoons sugar
- 1 teaspoon ground coriander seeds
- 1/4 teaspoon black pepper
- 1 1/2 pounds large shrimp, peeled and cleaned
- Skewers (wooden or metal)

Make sure all ingredients are fresh. Cut onions large enough to be skewered. Skewer shrimp and onions, mix all the remaining ingredients in a tray and marinade skewers for one hour. Grill shrimp on both sides and brush with marinade as you grill them, but make sure not to overcook (around 5 minutes should do). Serve over couscous with grilled corn for best pairing of flavors.
Whether by car or bus, make these journeys a positive and safe experience. Both children and parents can benefit from the tips below, so make sure your kids know and follow the rules.

Going by Bus

Traveling to school by bus isn’t only about the time on the bus; your actions before you get on and once you get off are just as important.

Wait Right

-know the time your bus is due and arrive at least five minutes early.

-if you need to cross roads to get to the bus, look left, right and left again before crossing. NEVER rush if you see the bus coming. If possible, cross at controlled intersections and always follow traffic signals.

-if there is a designated bus stop, stand close by, but away from the road.

-if there is no bus stop — and/or no sidewalk — wait in a safe place that the bus driver can see you, but well back from the edge of the road and any traffic. (At night or in low light, wear reflective clothing or armband to be seen clearly.)

Wait quietly! Or within reason – no playing rough by pushing or shoving.

Remember: It is better to miss the bus than miss the rest of your life because of an accident.

In today’s modern and mobile society, children can spend a great deal of time in transit between one place and another — school, soccer practice, a friend’s house. During school term, they are in a vehicle at least twice a day — first, going to school and then, going back home. For today’s children, walking to school is not the option it once was, so it’s not unusual for families to be starting their day transporting children to one school or more; in which case, it’s good to start the day right and keep going that way.

One by One

- When the bus arrives, step back and don’t crowd to the door.

- Enter the bus in single file and use the handrail — no pushing, which could cause someone to fall.

- If you are wearing full-length clothes, take extra care going up the stairs. Lift material up so your feet are clear of steps.

On the Bus

- Sit down and fasten your seat belt. Remember, a bus is a vehicle just like a car and the same safety rules apply, wear seat belts every time!

- Stay in your seat for the whole journey — don’t unfasten your seat belt and move for any reason, unless instructed by the driver. Even if you just want to lean over
to see your friend, if it means moving off your seat — don’t do it!

Never stick your arms or head out the window — it is SO dangerous and could result in serious injury. Don’t throw anything out the window either — it could really harm other people on the road.

Don’t block aisles with bags — backpacks should be kept on your lap or under your seat.

Keep quiet! Well, of course you can talk, but no screaming or shouting. This can be really distracting to the driver, so be respectful and keep the noise levels down so he can do his job properly.

Off We Go
Use the same courtesy when leaving the bus. Wait until the bus stops completely before unbuckling your seat belt and getting up from your seat. Go single file, don’t push and remember to hold the handrail as you go down. Allow people to exit from the front of the bus first.

When you’re on the ground, be aware of your surroundings and stay out of the bus danger zone — that means all areas around the bus, including the front, back and sides.

Look around — how close are you to a road? Are you at the school gates? Do you need to cross again? Never cross in front of the bus unless the driver says it is safe to do so. Always wait until the bus has left so you have a clear view of your surroundings. Use a pedestrian crossing if one is available.

Going to school needn’t be a strain before you even get there. Follow these tips; if everyone plays their part, getting there and back again each day will be a happy and safe journey!

### Arriving by Car

A lot of kids get to school by car, which don’t have special stops allocated to them. If you are not dropping your kids off yourself, it’s up to you to make sure the driver fully understands how he should transport kids around schools safely.

### School Zone Safety

School zone safety applies to children, parents and drivers. Everyone has their part to play! Each school will be different in location and the way they may ask parents or drivers to drop off and collect children. It’s up to parents to find out what the school requirements are, if any, and to follow these requirements.

Some common rules, however, will apply to every school, whether there is a special procedure in place or not. So parents and kids take note!

#### For Kids

- Strap yourself in with the correct restraints every time you’re on a journey.
- Sit quietly and behave properly on the journey to help the driver concentrate.
- Don’t fool around or loiter, either arriving at or leaving school. Go straight into school when you are dropped off and wait where you’ve been told to when getting picked up.
- If a road is close by, keep a safe distance away and always stay on the sidewalk if there is one.
- Don’t cross between cars to get to school or your pick-up point. Make sure you can be seen and use a pedestrian crossing if available. Remember, drivers may not see you if you are between cars.
- Never leave the place you are being picked up from unless your parent or teacher has told you otherwise.

#### For Drivers and Parents

- Leave with enough time to make the journey so children aren’t late or left waiting at the end of the day.
- Reduce your speed to 20 km/h maximum in school areas.
- If the school has a dedicated drop-off area/plan, follow it.
- If the school does not have a dedicated drop-off area or plan, create your own. Go through it with your children so they know where they are being dropped off and picked up each day.
- Make your drop-off/pick-up point as close to the school as possible but not in a place where your vehicle will block traffic, no matter how quick you think you will be.
- Be extra vigilant of other children exiting vehicles who may be near your vehicle, especially if you are reversing or pulling away.
- Be courteous and patient — remember that you are not the only one waiting in line to drop kids off or pick them up. Never queue jump if you are waiting in a line!
- Stay calm to help everyone around you, especially the children in the car.
- If you are delayed for any reason, make sure you have the school’s contact number to call and ask a staff member to watch over your child until you get there. Never leave them waiting!
The Teen ... the Rebellious and the Risky
If you are or have been a parent of a teenager, you will know that they are unpredictable in their behaviors and often take risks. One day they are happy and cooperative, the next day they are isolated and moody. Although these behaviors are part of growing up, we need to remember that teenagers test the limits set by those of authority — parents, teachers and coaches. In doing so, they may engage in risky behaviors and, as parents, we need to make sure that we help our teenagers stay safe. This is not an easy task; ask any parent of a teenager.

**The risky: The online generation gap**

In October 2012, the Hart Research Associates in the US undertook a quantitative research project to explore parental and teen online behaviors and views of teen online safety. The objective of the survey was to better understand behaviors and attitudes toward online safety.

The findings indicate that parents understand the dangers of unmonitored online access for their teens. Teens’ concerns about their online safety parallel parents’ concerns more closely than parents realize. Teens also suggested that parents are not as informed about what their teens do online as parents believe, and some teens reported taking risks by providing personal information to strangers online.

The findings of this study show that parents can do a lot more to protect their teens’ safety online. Set limits or rules about the use of online or mobile platforms, such as which sites they can visit and how long they can stay on them, their research capabilities, the personal information they can post online and the number of text messages they can send. Parents must strictly enforce these rules.
Tech tools for parents

How can parents monitor their teens’ online reputation and privacy? There are several software packages that can help parents. Make sure that you let your teens know that you are maintaining their Internet safety using a specific package that will alert you to content that matters and that may actually put their safety in danger. Discuss media events of cyber bullying to show them just how dangerous it can be to “put it all out there.”

Software packages allow you to type in your teen’s email address and with one click (and in just 30 seconds) learn what personal information about your teen is publicly available online. You can monitor your teen’s social media activity and hundreds of profiles across the web. You can set up parental alerts for inappropriate content. If your teen is talking about illegal substances, using hate language or profanity, or is being bullied or threatened online by another person, the program will alert you instantly. If the teen has posted something inappropriate online, you can contact the software provider to report and remove the content.

There are also options for mobile phone monitoring. Without having to read the mobile phone bill, you can see in minutes who is calling and texting your teen most frequently, how many text messages and calls your teen makes at a given period, and whether someone is texting your teen in the middle of the night or during school hours. You can set restricted hours and you will receive an alert if the teen makes or receives a call or message during that period.

The teen smoking habit

Another risky teen behavior is smoking. In their efforts to appear mature and independent, they start to smoke. Peer pressure is another factor that can lead teens to start smoking. The negative health impacts of smoking are well documented. The question is how to get your teen to quit smoking.

When you talk to your teen about smoking, don’t be aggressive. Show them that you are genuinely concerned for their well-being. Because teens are sensitive, they require a smoother approach. Below are some ideas on how to approach them.

Use sincerity and concern

Start a casual conversation and let them know what’s on your mind. For example say, “I am really worried about your coughing.” Explain the negative effects that smoking has on fitness and sports. Give them the facts about the benefits of quitting:

- 20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.
- 8 hours after quitting: The carbon monoxide level in your blood drops to normal.
- 24 hours after quitting: Your chance of a heart attack decreases.
- 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases up to 30%.

Tell them about another parent who has pledged to either quit smoking or is helping his/her teen to quit smoking. Pack a healthy lunch for your teens and in the lunch bag, put a hand-made card reminding them of how much you care for their health and well-being and how much you worry about their smoking habit. Offer to give up your worst habit in return for their pledge to quit smoking.

Use humor

Often teens react well to humor. For example, leave mints on their pillows every night before they go to bed with a note that says, “Smoking stinks.” Buy teeth whitening toothpaste for them with a note telling them to use it since their teeth have become yellow from smoking. During dinner, make a joke about smoking to start a conversation about quitting smoking. For example say, “The tobacco industry in the US reports that it provides jobs for 57,000 Americans. This does not include physicians, X-ray technicians, nurses, hospital employees, firefighters, dry-cleaners, respiratory specialists, pharmacists, morticians and gravediggers.” Make a “Top 10 Wish List” of all the things you want to get this year. List the “See you quit smoking,” as your number one wish. Have your teens make a “Top 10 Wish List” and show them how much more money they’ll have if they don’t buy cigarettes.
The rebellious teen driver

Arab News, May 5, 2013: Teens Responsible for 13% of Road Accidents. The primary causes of these accidents are speeding, running traffic lights and drifting.

Teenagers’ reckless driving is a worldwide problem and 17-19 year olds with temporary or regular driving licenses are disproportionally involved in fatal traffic accidents. This is because teens think that they are immortal and nothing can happen to them no matter how reckless they are driving. They are involved in risky driving, which coupled with their lack of driving experience, leads to serious and frequently fatal traffic accidents. Some of the characteristics of reckless teen driving include: speeding, drifting, disobeying stop signs and traffic lights, not using seat belts and driving when distracted by mobile phones and other media or passengers.

Explain the facts

Emphasize to your teen that driving is a privilege, not a right, which is earned with time and good driving behavior. Stress the sobering statistics:

- The majority of teen deaths are the result of vehicle crashes.

- Using a mobile phone while driving slows a teen’s reaction time and doubles the likelihood of an accident.

- The crash risk for teens increases incrementally with each kilometer per hour over the speed limit and the number of peer passengers.

What can you do?

After proper driver training and licensing, introduce gradual driving. Start by being in the vehicle when your teen drives to monitor his driving behavior, such as following all traffic rules and regulations, e.g., stopping at all red traffic lights and stop signs and obeying speed limits, and checking his defensive driving skills and his reaction to others’ mistakes.

Once you are confident that he is a safe driver when you are in the vehicle, start allowing him to drive on his own, but only during daytime, with one to two passengers and for a limited time, i.e., three hours each day. Slowly increase the duration of unaccompanied driving and add more passengers and nighttime driving.

If you see damage to the vehicle, he is involved in a traffic accident or he receives a traffic violation, remove the teens’ driving privilege for a previously agreed period.
The risky sport enthusiast

Operating an all-terrain vehicle (ATV) is one of the riskiest teen activities. The number of ATV injuries increases each year as a result of increased ATV popularity. Girls are now increasingly becoming the victims of ATV injuries.

Most serious ATV-related injuries — severe brain trauma, facial trauma, broken bones and spine trauma — occur to 16-year-olds and younger. These injuries may result in a lifetime of disability and physical rehabilitation, or even death. Most trauma injuries are caused from ATVs rolling over, riders falling from them or when they collide with other objects.

ATV safety rules

As parents, you should not allow children younger than 16 to operate or ride ATVs. Make sure that those 16 years old and older follow these ATV safety rules:

- Operate a quality, well-maintained ATV appropriate in size for their age.
- Take “hands-on” training on how to properly operate an ATV.
- Wear proper protective gear, such as boots, gloves, long pants and long sleeves, and a quality helmet with eye protection.
- Operate ATVs during daylight; they do not provide adequate lighting for nighttime riding when the ATV is bouncing or turning.
- Do not carry passengers; ATVs are designed for one person only.
- Operate the ATV safely; do not attempt tricks or stunts.
- Do not ride on public roads or improper terrain. The tires are not made for paved or loose gravel roads, and riding on these roads can cause the ATV to flip.
- Do not operate an ATV if under medication or when drowsy.


Teens face many potentially destructive decisions every day. Let your teens know that you are committed to protecting and guiding them so that they make the right decisions to protect their health, safety and well-being.
If the Shoe Fits
Wear It!
Maybe they started out as simple foot protection, but shoes today serve different functions. Some help with sports and activities, some are cool and comfortable and some are the height of fashion and style. Most females (and many males) have a fondness for shoes.

The Telegraph newspaper in the UK surveyed women about their footwear and found the following:

• The average woman has 19 pairs of shoes.
• Four of these pairs are worn regularly, one-fourth of them have only been worn once.
• One in six women owns over 30 pairs of shoes.
• Women purchase four new pairs every year.
• One in seven have hidden a new pair of shoes from their family.

Six in 10 women regret at least one shoe purchase.

Fabulous shoes can complete an outfit, but if the shoes are uncomfortable there’s no point in wearing them. Even the most beautiful shoes are ruined if they hurt and you look miserable when you put them on. The good impression you want to make can be ruined by slipping and tripping in poor fitting shoes and who wants to leave an event early, just because your feet hurt?

Buy right

Cinderella’s foot fit perfectly into her glass slipper, but outside of fairy tales there are few times that shoes fit perfectly on the first try. Here are a few tips to help you buy your next pair of shoes:

• Start by shopping for shoes late in the day when your feet are at their most swollen and wear the socks or stockings that you will wear with the shoes. The golden rule is to buy what fits, not what is written on the box end label. Many people have different sized clothing depending on the maker and the style. Shoes are the same; different makes or styles may mean you have different sizes.

• Leather is often the best material for shoes as it is more breathable than other materials, allowing perspiration to escape from your feet. If you take care of your leather shoes, they will also last longer.

• The size you think you are is a starting point, a guide, to purchasing your new shoes.

• Always try the new shoes on in a standing position, rather than sitting down, and walk around in them to ensure they do not

“Give a girl the right shoes and she can conquer the world.”
Marilyn Monroe, actress
Orthopedic experts warn that wearing high heels can lead to joint and knee problems over time.

“Design is a constant challenge to balance comfort with luxe, the practical with the desirable.”
Donna Karan, fashion designer

slip at the heel. If this happens, go down half a size.

If half sizes are not available, and you still feel the shoes are a little loose, put a half insole in the front part of the shoe to help push the foot backwards, enabling the main joint of the foot to be in the correct position.

As an adult, you do not need to leave ‘growing room’ at the toe of the shoe. Don’t buy shoes too big as they will probably get bigger as leather and other materials can stretch a little with time and the warmth of the feet.

Ensure the style of shoe is suitable — there shouldn’t be any excess flesh being pushed above the top-line of the shoe, or through the gap created in a “sweetheart” throat shaped shoe.

The little toe or big toe should be comfortably within the front part of the shoe and not overhanging or being pinched by the edges.

High heels

High heels are not the best style for your feet and posture, in fact orthopedic experts warn that wearing high heels can lead to joint and knee problems over time, as they push the body’s center of gravity forward, taking the hips and spine out of alignment.

If you like to wear high heels on certain occasions, know how to buy them so they are not too high for you. To do this, try on the shoes, stand up and then, still wearing the shoes, stand on tip toe. The heel of the shoe should lift 1 cm or more off the floor.

If it’s less than 1 cm, the heel is too high.

Consider the style of high-heel pumps and how long you will wear them. The higher the heel, the less time you will want to spend on your feet in them. If they are too tight in any place, consider another style that gives your feet room to breathe. Above all, consider comfort and wearability over trendiness when it comes to finding the right fit.

Leather is the most comfortable material for a high-heeled pump because it absorbs moisture. This is especially important when you wear your heels without stockings. Be sure to walk around in them as much as you can in the store to get a feel for how they fit.

Protect your shoes (and your feet)

Consider adding shoe caps or protectors. These little additions are made of nonslip material and give your shoes extra grip. They come in many colors (including red to match the red sole of some famous shoes). Protectors and caps can also discreetly increase the size of the heel so that your shoe is more stable and comfortable.

It is best to avoid or limit the amount of time you wear high heels, since doing so can damage your feet and make wearing high heel shoes a major pain. Alternate heels

Always try the new shoes on in a standing position, rather than sitting down.

“Sometimes I can’t figure designers out. It’s as if they flunked human anatomy.”
Erma Bombeck, American essayist
Not all exercise shoes are created equal. Choose a shoe that is made for the particular exercise you practice.

“A fit, healthy body – that is the best fashion statement.”
Scott, author, novelist

Fit the shoe to you!
Not all exercise shoes are created equal. Running shoes support the feet in different ways than tennis shoes. Choose a shoe that is made for the particular exercise you practice. The correct sports shoe will give you extra support that can help protect you from injury while you’re active. A good sports shoe may even help improve your athletic performance. If you participate in a variety of sports, buy sports-specific shoes that are best suited for each individual activity. Wear the correct exercise shoes that fit properly to prevent foot and ankle trauma, hammer toes and bunions.

A footwear specialist can guide you in your choice and help you get the perfect fit.

Broadly there are three different types of shoes, and a person will benefit from wearing the correct shoe for each activity.

Running shoes
Running shoes come in trail and street styles. Trail running shoes have thicker soles with bubbles, gel or other material and are designed for off-road running. The soles are beefed up for enhanced traction on trails, and the wider base provides more stability for uncertain terrain. Street running shoes are designed for pavement or treadmill running. The light and flexible design is made to cushion and stabilize your feet on hard, even surfaces.

Sports court shoes
Sports played on a hard surface or a court, such as basketball, tennis and volleyball, require shoes that can take a lot of abuse. Because court sports require a lot of quick front-and-back and side-to-side movements, the shoe needs to provide strong support and stability for the foot and ankle. Athletes who play court sports may find that high top court shoes provide more support for the ankle — especially when landing and jumping — than low top shoes, reducing the risk of sprained ankles. The most important part of a court shoe is the sole; it needs to be flexible and should help support the ball of your foot.

Gym shoes or cross trainers
Most aerobic workouts involve quick direction changes and dance-like movements. Proper shoes for these activities provide good lateral support with a wide sole and the extra cushioning that is needed for aerobic gym workouts. Look for shoes that have directional cushioning, which serves as a shock absorber to support the foot, and elastic support in the forefoot that provides support and flexibility.

Fab feet
Shoes are glamorous fashion accessories, performance enhancers, foot protectors and often just fun. They can help prevent slips, trips and falls.

Make sure the shoes you buy and wear keep you smiling by keeping you injury free, your feet comfortable, your posture straight and both feet on the ground!

“You can wear all the greatest clothes and all the greatest shoes, but you’ve got to have a good spirit on the inside. That’s what’s really going to make you look like you’re ready to rock the world.”
Alicia Keys, singer-songwriter