If the Shoe Fits
Wear It!
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

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.

“Give a girl the right shoes and she can conquer the world.”
Marilyn Monroe, actress
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

with flats, sneakers or wedges so it feels more comfortable when it comes time to put your heels back on. Reserve your heels for special occasions.

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