



FEATURE ARTICLE FROM ALWAYS BEST CARE

How seniors can choose the right walking shoes

Regular, brisk walks help you maintain a healthy weight, stay strong, and improve balance. Walking also helps you prevent or manage serious illnesses, such as high blood pressure, diabetes, and weakened bones. Moreover, going for a walk with friends or family is fun.

Wearing the wrong walking shoes, however, can make ambulation uncomfortable.

Choosing the right walking shoe is easy once you know what to look for. Opt for footwear specifically engineered for walking or running. Stay away from shoes designed for form, rather than function. Skip Crocs, clogs, and other backless shoes, as this type of footwear is hard on your heels.

Look for shoes with a thick, supportive sole. As you age, you lose protective tissue on your feet. As a result, your heel presses harder against the floor; this may cause irritation or a painful heel spur that requires medical treatment.

Many shoes now come with motion control; some people refer to them as “stability shoes.” These shoes accommodate the motion of your heel as you walk and provide extra cushioning, acting like shock absorbers for your feet. Finally, these shoes protect your ankles from overpronation, or rolling in too much.

Stay away from the bargain bin, usually full of inadequate shoes. You do not have to spend hundreds of dollars for a decent pair of shoes, but you might have to lay out \$50 to \$75 for quality that lasts.

Add inserts to existing shoes for extra support and cushioning. For even greater comfort, go shoe shopping in the evening after a day’s activity makes your feet and ankles swell. Wear shoes indoors, too – walking barefoot on hard tile is just about the worst thing you can do to your feet. Instead, put on a pair of walking shoes and go for a nice stroll with a friend.



Always Best Care Senior Services

Always Best Care Senior Services (www.alwaysbestcare.com/) is based on the belief that having the right people for the right level of care means peace of mind for the client and family. Always Best Care Senior Services has assisted over 25,000 seniors, representing a wide

range of illnesses and personal needs. This has established the company as one of the premier providers of in-home care, assisted living placement assistance, and skilled home health care in the United States.

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