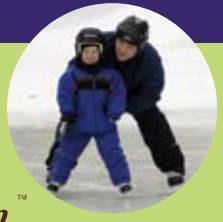

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Physical Activity - do it for life!

Physical activity.
It's good for your health.
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# A Good Pair of Walking Shoes!

One of the great things about walking is that you don't need a lot of equipment. But if you are going to do a lot of walking – which is good for your health – consider investing in a pair of shoes specifically designed for walking.

Wearing shoes that don't fit or don't properly support your feet can result in a blister or sore feet, which can be very discouraging, or an injury, which can put your fitness plans on hold.

## WHERE TO BUY A GOOD WALKING SHOE

If you want to buy a good walking shoe, it is best to seek the advice of an expert. Visit a store with qualified, knowledgeable staff that can assist you in selecting the right shoe for your feet.

## TIPS FOR A PROPER FIT:

- The best shoe for you is the one that fits you best and offers the best support, flexibility and cushioning. A good fit is much more important than the colour and style or how trendy the shoe is.
- Feet tend to swell during the day, so it's best to purchase your shoes at the end of the day.
- When shopping for a shoe, be sure to wear the same type of socks you would wear while walking.
- Bring an old pair of shoes with you, so the staff member can assess the wear pattern of your shoe.
- Take your time. Try on many different types and styles of shoes.
- Be sure to "test drive" the shoes by walking around the store.
- If you normally wear an orthotic, be sure to wear it when trying on shoes.