

Fall Into Boots That Feel Good

Leather or suede? Ankle or knee? Grey or black? Boho chic or cowboy cool?

With so many stylish boots this season how can you possibly choose the perfect pair?

The American Podiatric Medical Association has tips to help make your boot buying and wearing experience pain-free. Follow this podiatrist approved advice and you'll be comfortably wearing boots every day of the week.

For shoe selection advice all calendar year, visit www.apma.org.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Style	Sleek Riding Boot 	Playful Rain Boot 	Classic Cowboy Boot 	Furry Snow Boot 	Trendy Ankle Bootie 	Slouch Suede Boot 	Day of Foot Rest! 
Ouch!	Synthetic materials trap in heat and moisture, causing odor	Rigid shape limits natural foot movement and provides no arch support	Narrow toebox can cause blistered and cramped toes	Sole can become slick in inclement weather leading to trips or falls	Lack of ankle support coupled with a high heel can cause imbalance	Narrow and very high heel transfers body weight onto the ball of the foot, causing pain and numbness	All that boot wearing takes a toll, even with expert podiatric advice
Ahh...	Select natural materials like leather that allow proper airflow and keep feet dry	Try cushioned insoles and arch supports	Wear only for short periods of time and allow toes to stretch	Select a rubber sole with deep groves for proper traction	Select a heel no more than two inches in height and don't walk long distances	Select a lower heel or stacked style of heel for additional support	Massage and apply lotion to the feet! If you must venture out, put on a pair of supportive and comfy sneakers

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- Additional Foot Friendly Tips -


 Have feet measured, size can change throughout life! Keep in mind - your boot size may not fit the same in all styles and brands.

 Try boots on in the afternoon - feet tend to swell during the day.

 Buy for the larger foot - most feet are not the exact same size.

 Carry an insole when boot shopping in case a pair lack the proper arch support.

 Boots should feel comfortable when tried on in the store, there shouldn't be a "break-in" period.

 A boot constructed of natural materials, like leather, will keep feet dry and comfortable during the winter months.

 Choose a boot with plenty of toe room, a firm heel counter and traction to ensure stability.