



Step Into Health!

Shoes are very important for overall health and well-being.

A shoe that doesn't fit well restricts the flexibility, mobility and function of the foot and lower leg, hampering the flow of circulation and energy throughout the entire body.

Shoes that are too small force feet to compensate, frequently resulting in foot pain development and compromising of overall health and balance.

Healthy footwear doesn't have to be ugly! Learn some easy to use guidelines and step into better health!

Questions? Still unsure?

Ask your Certified Reflexologist!

It is easy to "wish" our way into that stylish pair of shoes...

Avoid this by taking tracings of your feet to the store. Put the tracing into the shoe BEFORE you put the shoe onto your foot. The paper should lie flat, no curving allowed!



Going shoe shopping...

1. Cut out of feet in hand! (Simply stand on a white piece of paper. Lean forward as some one traces your feet. Now cut out the tracing.)
2. Write down your measurements (see how to properly measure inside) Measure each time you buy shoes.

	Right Foot	Left Foot
Heel-toe	_____	_____
Width	_____	_____
Heel-arch	_____	_____
Width	_____	_____

Begin your shopping with the largest size.

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Wisdom Reflexology and Healing Arts

*Step into Health!
Suggestions for
Fitting Shoes*



- Estimates range from 70-80% of Americans are wearing the wrong size shoe! Most of the time, the shoe is 1-2 sizes too small!
- Learn simple guidelines for how to properly measure yourself and your loved ones for shoes.
- You can support your body by knowing how to choose a "body friendly" shoe
- Your feet change size during the course of the day and your lifetime
- For more information, speak to your Certified Reflexologist.

What shoe size are you,
really?

Each and every time you purchase shoes, check **2 sets** of foot measurements:

- length from toe- to-heel and width
- heel-to- arch and the width

Check the heel-to-arch measurement because the arch lengthens when you walk. Choose the longest length measurement as your shoe size. By doing this, and allowing at least 3/8" of room after your longest toe at the end of the shoe, you allow for your full range of motion. **Limited motion means that your foot cannot fully take a step as you reach forward.**

Also remember to.....

Stand during the *measuring* and *fitting* process Have both feet measured. Most people have one foot that is larger than the other

Measure your feet each time you purchase shoes. Your feet change shape and size as you age. Your feet are largest in the afternoon.

Sizes vary by brand and style, so select a shoe that conforms as nearly as possible to the shape of your foot.

The final judge is you.
Does this shoe really fit all of your foot comfortably?



**Would use restrict the movement
of your hand?**

**Care to stay in a cast as
long as possible?**

**And yet, improperly fitted foot wear
is a cast for the foot.**

***Why restrict the movement of
your foot?***

Each Foot Has:

109 ligaments

26 bones

(plus additional sesamoid bones)

38 joints

150-200 movements

17 intrinsic muscles

12 tendons

And more!

Our feet touch our mother earth. They literally connect us to the world around us. Our feet are designed to help us maneuver over changes in terrain- balanced and upright we move forward.

Limiting or restricting the movement of your foot, weakens muscles in your foot and throughout your entire body. Muscles that are allowed to gain strength, gain health. The healthier your feet, the healthier your entire body will be.

What is a good shoe?

1. The "**bendier**" the better! Your foot needs to be able to use those 38 joints! You should be able to bend and twist a shoe easily. And yes, this translates into very little to no arch support. Why? If your arch has a strong support under it, it cannot elongate to absorb the shock of your step and propel your forward. When you **lock your arch**, you alter your gait.

2. **Boxy** is better. When the tip of the shoe (the "toe box") slants inward, it decreases the space for your toes. This then means that your toes are not only less mobile but cannot function fully.

3. The shoe should come up to the ankle or tie at the ankle. Tie shoes are good because you can adjust them to be wide at the ball of your foot and tight at your ankle. Shoes that force your toes to grip so that you can move (like flip-flops) cause trauma to the toes and can increase tightening of the calf muscles contributing to pain in the plantar fascia. Don't purchase shoes that feel too tight, expecting them to "stretch" to fit. It's **your foot that is "broken in", not the shoe.** (This means that the living tissue of your foot will change to fit your shoe!) Your foot should also not "slip" in and out of the shoe as you walk.

4. Shoes that are unfriendly to the function of your feet such as flip-flops and high-heeled shoes **contribute to body problems** such as bunions, low back pain, headaches, knee pain, foot pain, and other health issues. Whenever possible limit or eliminate your use of them. (Or at least as sparingly as possible)

5. If you occasionally wear a shoe that does not fit properly, give your feet **time to recover** and nurture them a bit more.....

There is no perfect shoe.

Do the best you can.