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Shoe Checklists

1. Stability

Shoes with good stability features help reduce pain from overpronation—that’s when your foot rolls inward too much during movement. Overpronation can lead to discomfort or even injuries in the feet, ankles, or other parts of the body. Stability in shoes counteracts overpronation by giving your foot the support it needs to stay in a neutral position.



2. Cushioning

Cushioning is the soft material built into the sole of shoes, designed to protect feet from impact with the ground. Shoes with sufficient cushioning give feet the rest they need to stay comfy. Cushioning absorbs shock, reducing stress on heels, arches, and joints, particularly if you’re doing high-impact activities.

3. Protection

Imagine all the cuts, scrapes, and injuries you could sustain from walking around barefoot all day. The rocks, glass, and hot pavement can do some serious damage. Shoes are necessary to save your feet from conditions like burns and stubbed toes. You can also get shoes that protect your feet for different activities.



4. Support

Shoes with proper support evenly distribute your body weight throughout your legs and across your feet, helping prevent sprains and fractures. Support is essential for minimizing foot pain, especially during long periods of standing or walking. And yes, curating even a small collection of footwear where each pair gives you that much-needed support.

5. Comfort

Let’s talk about how your shoes should fit. No one wants pinched toes, but your shoes shouldn’t be falling off your feet either. Remember when you were a kid at the shoe store, and your mom pressed on your toes to check how the shoes fit? That’s because good footwear fits snugly but not tight.

