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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Choosing Your Vacation Walking Shoes

By Peter Shannon

Carefully chosen walking shoes will make a world of difference on your vacation. Your feet are as unique as your personality so just any old shoes won't do.

Here are some tips to help you choose the right walking shoes for you.

Find an athletic store that has qualified people who can evaluate your walking gait. They can then point you toward a shoe that will match your style.

Your feet will swell on a walk. So pick a walking shoe that is about a size bigger than you usually would buy. Or, if possible, try on your shoes after a long walk.

Fit your shoes while wearing the same socks that you will be wearing on your vacation.

Consider the type of walking you will be doing. Hiking boots are good for poorly maintained trails, off trail or cross country hikes. But they are heavy and stiff. Stick with walking or running shoes for walks on paved or maintained trails.

Make sure there is room at the toes and the sides. Even a small amount of rubbing will produce blisters.

Cushioned shoes provide comfort and are great for non rugged walking surfaces. They usually have a little less support.

Lightweight is important when you are walking all day. You can afford to give up a little support for light weight when you are walking on pavement or maintained trails.

Avoid flared soles and heels that are more than an inch higher than the sole in front. These types of shoes are not good for a walker's gait.

You want a flexible shoe that will twist and bend at the ball of the foot.

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If you have wide or narrow feet make sure that you get a shoe that is sized for you. Don't settle for a standard width shoe. You will regret it.

The success of your vacation can depend on having a comfortable pair of shoes to walk in. Take the time to find the right one. It is worth it.

The author, of this article, Peter Shannon, is the owner of the website

<http://www.1001-vacation-ideas.com>

. Here you will find a large collection of vacation and getaway

ideas for travelers searchable by theme and location.

You Want The Best Walking Shoes? Find How

By Diana Claire

Walking not only healthy, but it can also make you relax. If you have health problem or you want to have fit body, just do some walking! You can do it a few minutes or hours in a day. So, there is nothing bad with walking, except choosing the right shoes. Choosing wrong shoes might cause you swollen, pain or other uncomfortable problem.

As many of you has heard that walking and other outdoor activities bring benefit to your health, but many of us neglect the need for high quality walking shoes and apparel. Surely, don't think that when you participate in a low impact sport you don't need right shoes. Whether you work out three times a week at a gym, or you spend every evening taking a nightly stroll, you need to protect your feet if you want to keep working out. Get the right shoes for your own good.

Although you can wear any kind of shoes, but you have to remember that not all shoes is good for you. Your foot and your walking styles are different. No one has the same way. That's why you have to find your own walking shoes. Check it out how!

These tips will help you selecting the right shoes for you:

- Choose for a low, supportive heel that rounds or bevels in.
- Find a flexible sole and more bend in the toe, so you will able to twist and bend the toe area.
- Look for a shoe that is light weight and breathable
- Make sure the shoes fit properly. There should be a thumbnails width or about a half inch between your toes and the end of the shoe.
- Shop for shoes after walking or at the end of the day, when your feet may be slightly swollen.

Choosing Your Vacation Walking Shoes

- Wear the same socks you will be wearing during your walks while fitting the shoes.
- Try to walk around while fitting. If possible a few minutes on hard surface.
- Wear your shoes in the house for a few days to try them out. Don't go outside until you are sure the shoes are going to work for you

Do those tips help? An investment in a good pair of walking shoes is an investment that will last for a long time to come. There are a great deal of delicate bones in your feet that need protection and support. The last thing you want to do when you make the decision to start working out, or to increase your daily workout, is fail to protect your feet. I can't tell you how many times I have jumped into a new routine only to injure myself because I didn't have the proper gear.

Depending on your age and your overall physical state, it's important to check with your doctor to make sure that you're not overdoing it. It's also a good idea to get a feel for the type of shoes that best fit your foot. Nothing is worse than wearing a tight fitting pair of shoes that leave your feet aching for

hours afterwards. When you give your feet room to breathe and arch support, you can improve your performance, and overall physical fitness level.

Okay, there you go! Find the correct shoes, and start to exercise without worrying you might get hurt. Good luck!

Diana Claire lifelong for footwear led her became footwear reviewer. Visit

<http://www.walking-shoes.info>

and

<http://www.my-running-shoes.info>

for more information.



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