

If your shoes could do the talking instead of the walking...

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

If your shoes could do the talking instead of the walking...

By Sylvie Leochko

The first pair of footwear was created for only one purpose, protection. What kind of protection? Well, for starters, protection from the cold, the heat, rocks and other elements that can possibly hurt your feet. They were not designed for comfort, a special event or fashion purposes as it is now, this is a different story...thank goodness.

Nowadays, when you go to a shoe store, you get a huge variety of footwear for your money. Now imagine what can be offered to you online!

Now you have sandals, flip-flops, for hot days, flats, dressy shoes for comfort, business or special events. Fashion is not a luxury as it makes a statement and is reflected in all styles of footwear.

If you are involved in sports, the right footwear is very important and it can even prevent injuries. Comfort and style are both important features. Specialty footwear such as cleats for soccer or spiked shoes for golf is a must when playing these sports. After all, you want to be able to have fun and perform well without worrying about slipping and sliding.

Designer shoes are also important if you are looking for unique styles and fashion. You may have your preference in certain designers, especially if your feet are enjoying them as well.

Orthopedic footwear also offers important features for feet in need of special attention. Heel spurs, flat feet and other problems affecting your feet need special care after all the stress and pressure they deal with on a daily basis, the least that you can do is to take good care of them.

Slippers, boots and specialized work boots are all designed to take good care of your feet and should not be taken lightly.

Bottom line, take good care of your feet and you will be rewarded. Be proud of your feet; treat them with comfort, style and quality. Affordable prices can provide all this as well.

What are you really looking for? For once, why not let your feet do the talking before the walking?

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My name is Sylvie Leochko. For years I have chosen low prices over comfort and my feet suffered because of it. Like you, I know how important good quality footwear is important. If you wish to learn more about footwear, I invite you to visit this site:

<http://footwear.findoutnow.org>

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.

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

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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.



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