

## Shoes Fit Wear Pinch Blister Time

**wearing the right shoes - healthy** - wearing the right shoes. the type of shoes you wear is important. here are some tips for making ... look for a good fit wear the kind of socks you will wear when you are active. cotton is best. ... the heel should not pinch or slip around when you walk. **coach on call - upmc health plan** - coach on call a healthier life is ... you can wear casual shoes if they fit you well and support your feet. also check the following: hold each shoe by the toe and heel. bend the toe upward. the shoe should bend easily ... “ not pinch your heels or slip at your heels 7. stomp and scuff your feet. be sure the shoes are laced snugly. **move!** **physical activity handout p12: making a good fit ...** - making a good fit! shoes for active feet ... when trying on new shoes, wear the kind of socks you will wear when you are active. wear cotton ... the heel should not pinch or slip when you walk. the shoes should bend easily at the ball of your feet just behind your toes. **the basics of foot protection - national safety inc** - the basics of foot protection ... “ make sure that the boots or shoes fit properly; do not continue wearing them believing that they will stretch with wear. good footwear should fit well right away. wear them when you are off work first to make sure that they are comfortable. ... **never wear hand-me-down shoes (this is footwear physician** - be sure that shoes fit well “front, back, and sides” to distribute weight. ... and flexibility at the ball of the foot. buy shoes that don’t pinch your toes, either at the tips, or across the toe box. try on shoes while you’re wearing the same type of socks or stockings you ... never wear hand-me-down shoes (this is especially important ... **steps to healthier feet, one foot at a time.** - special shoes can be made to fit softly around your sore feet or feet that have changed shape. these ... avoid shoes that are too tight or pinch. try on both sides, and if one of your feet is ... 9 always wear socks or stockings to avoid blisters. **stepping into shoes - du-** until you are sure the shoes are going to work for you. most shoes last about 300-600 miles. to extend the life of your shoes be sure to only wear them for your walks. also rotating two pairs of shoes will give them time to bounce back between walks. the best shoe is simply the one that fit your feet the best!

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