



Healthy Bites Episode 13 – How do I pick a good shoe?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

Knowing a good shoe from a bad shoe can be very tricky when you are in the shops looking at a wall full of different styles. And the price of a shoe doesn't necessarily determine how good they are for your feet. The right footwear can help keep your feet healthy, make your physical exercise easier, and help keep your body safe from injury.

Choosing shoes when your feet are at their largest is important for comfort, so try shoe shopping after exercise or at the end of the day. When picking your shoes, feel the inside of the shoe to ensure there are no tags or seams that will irritate your foot, and also examine the soles – will they provide good grip?

Shoes with laces, Velcro or buckles are a good option to ensure your foot is secure within the shoe.

As we get older our foot shape and size can change, so have a shop assistant measure your feet every time you buy new shoes.

And when trying them on, don't get pressured by sales staff – give yourself time to check you can wiggle all your toes, and can walk comfortably in them around the store before you make a purchase.