

Foot Facts

Lighten Up and Walk Livelier

(NAPSA)—The easiest step in losing weight could start with your feet. To lose a few unwanted pounds and put more spring in your step, you may want to change your shoes.

Shoes can add on average an additional three to five pounds to your daily routine.

With the average person walking 8,000 to 10,000 steps per day, according to the American Podiatric Medical Association (APMA), a day of walking brings a force equal to several hundred tons to bear on the feet. Increased forces and weight place more demands upon your feet and body that can lead to permanent damage.

For warm-weather excursions, whether you're an everyday walker, outdoor enthusiast or avid traveler, it is important to be equipped with the right type of footwear.

Footwear expert Dave Pompel, director of brand and product development for ECCO USA, suggests these distinct features to consider when selecting footwear:

- For lengthy excursions such as hiking or fitness-walking, select a lightweight shoe. Lightweight footwear means you're lifting less with each step, reducing the amount of wear and tear on feet and body.



Footwear constructed with unique technology is the perfect lightweight complement to active feet.

- Look for footwear that features direct inject technology. The direct inject process can reduce a shoe's weight by 25 percent by fusing the outsole with the upper, eliminating the use of cements. The direct inject process also creates a watertight barrier, keeping moisture from seeping into the shoe.

- Consider the shoe's breathability. Select footwear that uses full-grain leathers to allow the shoe to breathe properly, control foot temperature and manage odor.

Taking these few extra steps when choosing footwear can mean your feet will be happy to go the distance.