

# Foot Notes

## Your Shoes: Do They Measure Up?

(NAPSA)—If the shoe fits, wear it. But fit doesn't mean forcing or squeezing your foot into the shoe. Nine out of 10 women wear shoes too tight for their feet, which can lead to bunions, hammertoes, painful deformities or even surgery, according to the American Academy of Orthopaedic Surgeons. Prevent such complications by using these tips to get the right fit:

**Sizing it Up:** "Having your feet measured by a knowledgeable and experienced shoe salesperson or podiatrist yields more accurate results than measuring your own feet," explains Onlineshoes.com's Shoe Guru Ron Truselo. He or she will measure the length from heel to toe, width at the widest part of the foot, and arch length. It is important to not only wear the correct length (where toes are not cramped or touching the end of the shoe), but also width. Length is determined by a number, while width is indicated in letters. These vary among manufacturers, but the most common are N for narrow, M for medium and W for wide.

**Keeping the Fit:** Since feet are constantly changing, children's feet should be measured every six months while adults should have their feet measured whenever they purchase shoes in a store. When our muscles age, tendons start to lose their elasticity and feet will flatten out, becoming wider and longer. This can also be accelerated with weight gain. Women see the most change in foot width during pre-pregnancy, and feet typi-



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cally don't return to their pre-pregnancy size after birth. Feet should be measured more frequently during periods of weight gain or weight loss.

**Stayin' Stylish:** Manufacturers are more dedicated than ever to creating fashionable shoes in a variety of widths, says Truselo. Look for adjustable styles that use buckles, straps and laces to help shoes fit better. Also, tall boots have become more accommodating for various-sized calves. Styles with pleats or gussets are best for a good fit.

**Start Shopping:** If you have wide or narrow feet, shopping online is a great option to quickly find a large selection of styles in your size and gain access to additional resources. For example, Onlineshoes.com offers customer feedback and shoe-fit experts available by phone. With free shipping and exchanges, they make it easy to find the right fit risk free.

For more information, including fit tips and styles, check out [Onlineshoes.com/perfectfit](http://Onlineshoes.com/perfectfit).