



Walking Shoe Fact Sheet

All walkers want to perform in comfort.

There are several factors to consider when choosing a fitness walking shoe. These include your particular walking style, your foot type and the kind of walking you are going to do. Power and fitness walkers for example, need more cushioning and support, whilst off-trail walkers need to include stability and traction into their thinking.

Purchase your shoes from a reputable athletic or sports shoe retailer. You will receive a higher and more qualified level of customer service.

Below are some general tips that will help you choose the right shoe for you.
(Please note; these are general tips only and should not be used or relied upon as a substitute for professional advice as to what is the right shoe for you.)

Cushioning

- A good outdoor walking shoe will feature a heel and forefoot cushioning system to reduce the forces during the landing phase
- Walkers hit the ground with less force to runners and the shoe will usually have a thinner midsole (or lower profile) to allow for a more natural foot roll from the heel through to the toes

Support

- The walking shoe should have some form of midsole stabilisation system to allow for the natural movement of the foot in the mid-stance phase. Stabilisation will also control over pronation tendencies.
- A firm heel counter so no slippage of the foot occurs whilst walking
- A Supportive upper that feels snug on the foot and enables the foot and the shoe to be 'one'

Outsole

- A walking specific 'beveled' or 'rounded' heel to ease your foot into a natural walking roll from heel to toe is necessary
- Traction is an important consideration and relates to the type of walking you are going to do. High performance rubber is used on the outsole for greater traction and durability. Off road walkers need to look for more traction in the way of aggressive lugs and higher durability features.

Upper

- Materials used will depend upon the end use. Fitness walkers would be best to use a breathable upper with mesh areas. For more casual walkers, leather provides added support and warmth.

Fit

- Try on a few different brands of shoe and remember a shoe that is right for your friend's foot may feel totally uncomfortable on your foot
- Walk around the shop a few times with both shoes on. Walk over hard surfaces, not just the carpet.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe forefoot.
- Walk away with a shoe that feels like it was made for you.