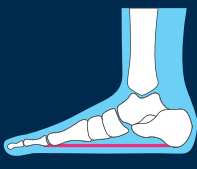





YOUR BODY IS UNIQUE TO YOU—AND THAT INCLUDES YOUR FEET! Your foot type, underlying conditions, and activities combine to create distinctive needs for footwear. The shoes your friend or workout buddy loves may not be right for you. Avoid wasting money on shoes or inserts that don't work for you, and ask your APMA-member podiatrist to guide you to footwear that supports your feet and your lifestyle. Learn *why* before you buy!

CHOOSING A RUNNING SHOE

Podiatrists typically recommend you begin selecting shoes based on your foot type. There are three basic foot types:

	<p>FOR FEET WITH <u>LOW</u> ARCHES (FLAT FEET)</p> <p>Choose a supportive shoe that is designed for stability and motion control. These shoes help to correct for overpronation.</p>
	<p>FOR FEET WITH <u>NORMAL</u> ARCHES</p> <p>Choose a shoe with equal amounts of stability and cushioning to help absorb shock.</p>
	<p>FOR FEET WITH <u>HIGH</u> ARCHES</p> <p>Choose a cushioned running shoe with a softer midsole and more flexibility. This will compensate for the poor shock absorption of a high-arched foot.</p>

From there, select shoes that are appropriate for your activities—don't play basketball in a running shoe, for example. You can learn more about the proper shoes for various activities at www.apma.org/playitsafe. Seek your podiatric physician's advice about shoes and/or inserts to accommodate foot and ankle conditions or injuries you may have.



The **APMA Seal of Acceptance** recognizes footwear found to promote good foot health. To earn the seal, each product is reviewed by a committee of APMA podiatric physicians. Ask your physician which Seal-Accepted shoes, socks, and insoles are the best options for *your* feet!

Know why before you buy. For more information, visit www.apma.org/why.