



Shoes

A good pair of walking shoes is the only 'essential equipment' required when walking.

Some things to keep in mind when choosing a walking shoe:

- make sure the shoe is comfortable
- your shoe should have good support, and fit your foot well
- choose a shoe that is appropriate for the type of walking you will be doing. Sneakers are appropriate for light walking and jogging, but you may require hiking boots for bushwalking.

If you are unsure about choosing a shoe that is right for you, consult a sales assistant at your local footwear or sporting goods store. There is nothing worse than getting half way through your walk to find yourself getting blisters!



- MayoClinic.com - Walking shoes: Features and fit that keep you moving
- [The Walking Site](#) – Selecting Walking Shoes
- [Run the Planet](#) – Choose the right walking shoes

Foot care

Walking is one of the best exercises for maintaining healthy feet. Feet are often neglected and forgotten and problems can go unnoticed during daily activities but can give rise to injuries when placed under repeated strain.

Foot fatigue is the main symptom with leg, knee and low back pain, as muscles may not be used properly. This condition often occurs with sudden increased activity and increased body weight.

Tips for healthy feet include:

- Make sure you choose well fitting shoes that are appropriate for walking. Make sure they have enough shock absorption to reduce the strain.
- Avoid heel pain by doing some gentle calf stretching before starting to walk each day. Start slowly by walking only short distances on soft level surfaces and increase it gradually over a period of time.
- Wash your feet daily in warm, not hot, soapy water and dried well. Socks should be changed daily and footwear aired for 24 hours before wearing to avoid infection such as 'athlete's foot', which is a fungal infection of the skin. See a podiatrist if you develop any problems such as corns, callus or ingrown nails.