



What shoe should I wear?

Deciding what type of shoe to wear, depends on your activity or sport.



Walking Shoes

- Cushion for shock absorption
- Flexible soles
- Smooth tread
- Light in weight

Running Shoes

- Allow for flexibility
- Significant cushioning to handle impact
- Light in weight
- Stability in the heel
- Medium tread



Hiking Shoes

- Additional room within the shoe for thick socks
- Strong ankle support
- Thick soles to cushion feet
- Rough tread

Shoes for Field Sports

(baseball, lacrosse, golf, football and soccer)

- Traction or cleats to permit movement
- Light in weight



Shoes for Court Sports

(volleyball and basketball)

- Ankle support
- Thick soles
- Smooth tread