

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**ab6. The 10 points to proper Shoe fit**

By Dr. Victor Jean Ouellette

Modified March 6, 2008

1. Select a shoe that conforms as nearly as possible to the shape of your foot.
2. Have your feet measured regularly. The size of your feet changes as you grow older.
3. Have BOTH feet measured. Most people have one foot larger than the other.
4. Fit to the largest foot.
5. Fit at the end of the day when your feet are largest.
6. Stand during the fitting process and check that there is adequate space (3/8" to 1/2") for your longest toe at the end of each shoe.
7. Make sure the ball of your foot fits comfortably into the widest part (ball pocket) of the shoe.
8. Don't purchase shoes that feel too tight, expecting them to "stretch" to fit.
9. Your heel should fit comfortably in the shoe with a minimum amount of slippage.
10. Walk in the shoe to make sure it fits and feels right.

Fashionable shoes CAN be comfortable!

Copyright 1999, Dr. Victor Jean Ouellette, All Rights Reserved