



WALKING FIT

by Maggie Spilner and
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WALK SPECIAL SHOE REVIEW

These Shoes Passed Our Test

Prevention
pairs up
with foot
docs to find
the best

We went straight to the experts for this shoe review: We asked a group of doctors from the American Podiatric Medical Association (APMA) to help us ferret out styles that blend fashion and comfort. Several podiatrists wear-tested and evaluated each of these shoes for comfort, support, stability, flexibility, and construction.

"Any podiatrist will tell you that **a major source of foot problems and pain may be poorly constructed, inadequately supportive, and improperly fitted shoes,**"

says Lyle Haskell, DPNI, and a fellow of the American College of Foot and Ankle Surgeons (ACFAS). Turn the page to find our favorite doctor-approved shoes that will meet more than just your walking needs. For buying information, go to www.prevention.com/links.

From dress to
causal, we've got
you covered



WALK SPECIAL
SHOE REVIEW

Two in One

Who needs to lug extra shoes to work for a lunchtime stroll? Not you if you have one of these stylish pairs.

Naturalizer's Electric

This is the loafer office workers will love. Hidden inside these professional-looking slip-ons is a supportive fitness shoe with a ridged sole for no-slip walking. "This shoe is flexible, smooth, and particularly soft and comfortable," says Johanna Youner, DPM, director of the Podiatry Clinic at New York University and a member of the APMA and the ACFAS. Women only, \$59; in the US, call toll-free (866) 746-3748.



Merrell's Topo Rim

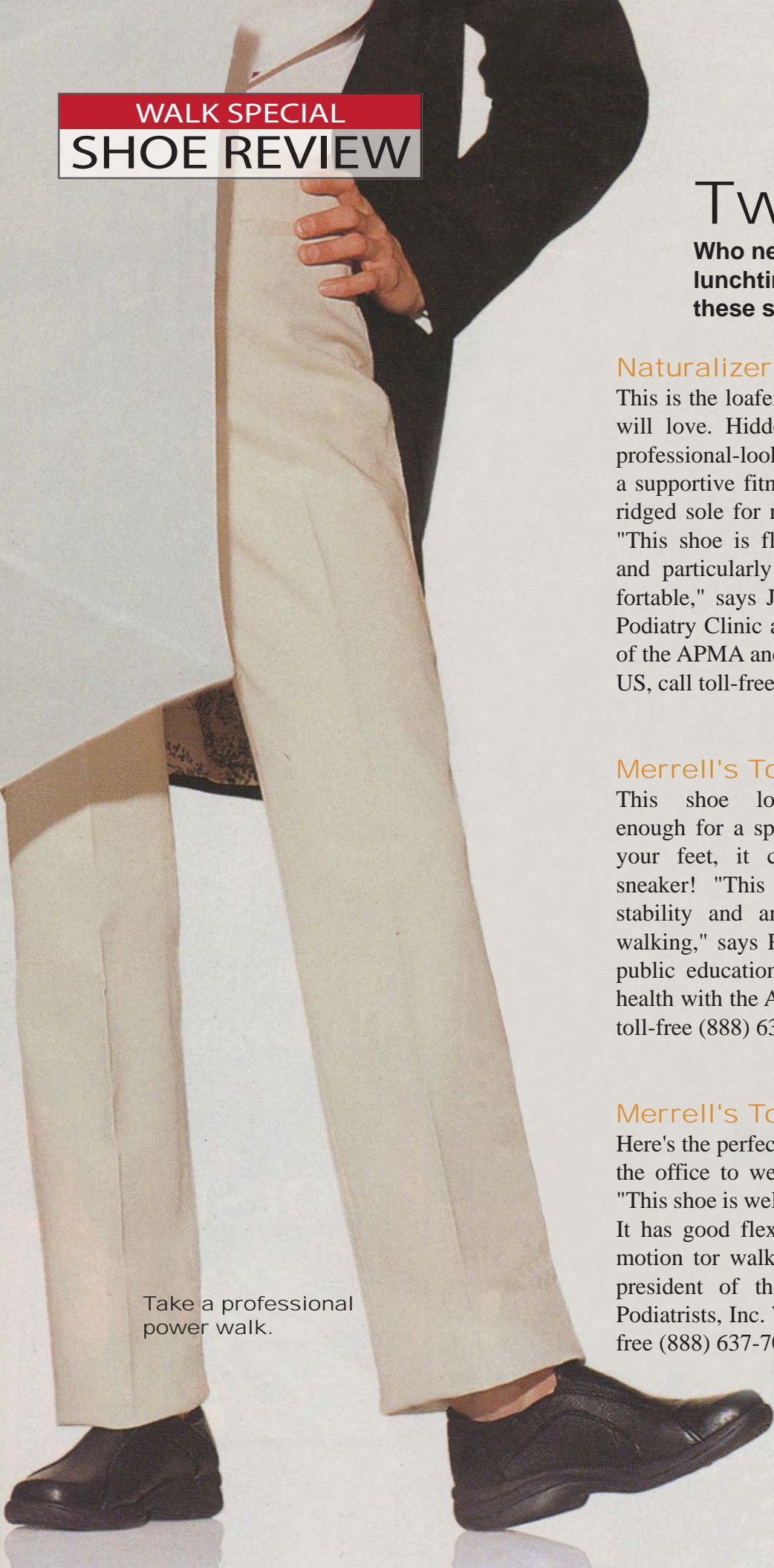
This shoe looks professional enough for a sports jacket, but to your feet, it could pass for a sneaker! "This shoe has excellent stability and an easy stride for walking," says Ronald Jensen, DPM, chairman of the public education and information committee for foot health with the APMA. Men only, \$100; in the US, call toll-free (888) 637-7001.

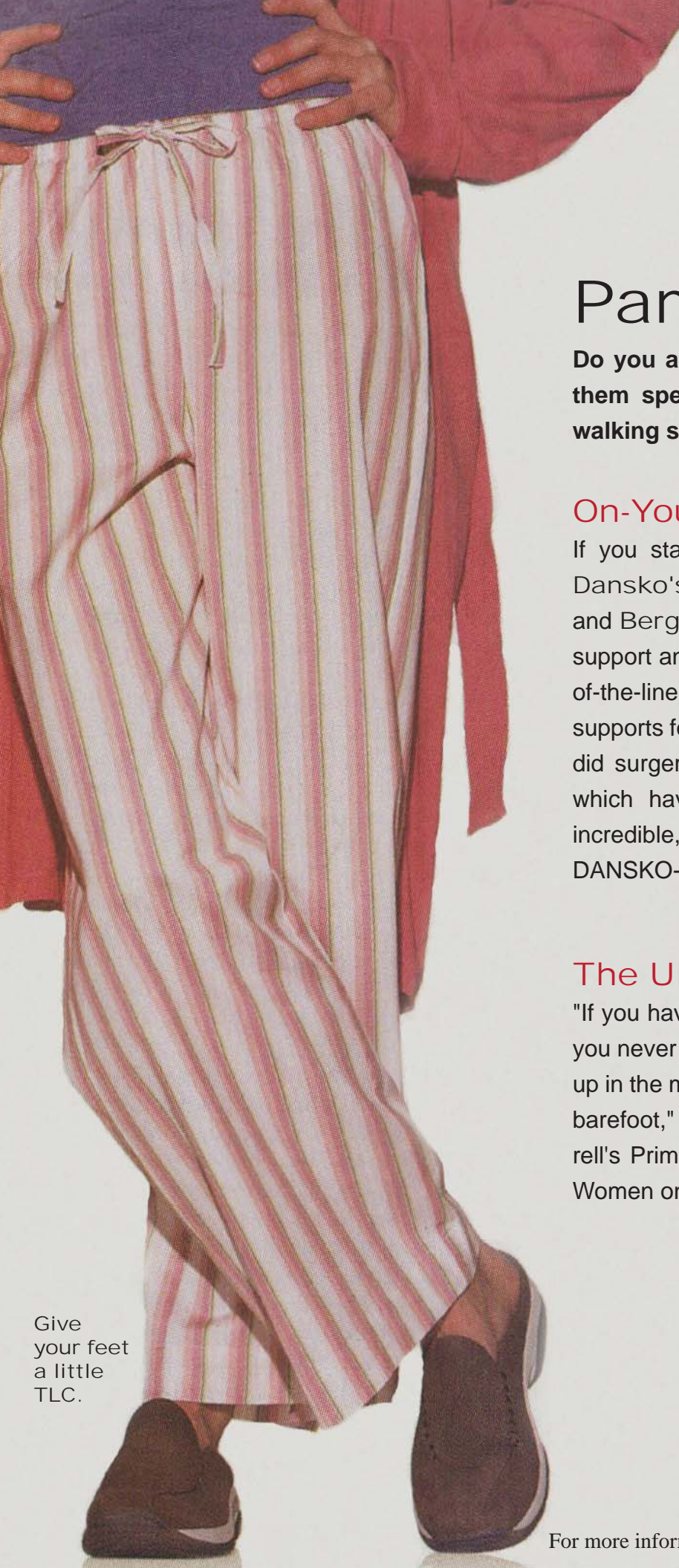


Merrell's Topo Soar

Here's the perfect casual Friday attire that can go from the office to weekend errands or a walk in the park. "This shoe is well cushioned, especially in the heel area. It has good flexibility and allows for a full range of motion for walking," says Jane Andersen, DPM, vice president of the American Association for Women Podiatrists, Inc. Women only, \$80; in the US, call toll-free (888) 637-7001.

Take a professional power walk.





Pampering Pairs

Do you abuse your feet more than most? Then give them special treatment that's beyond the scope of walking shoes. Our APMA docs loved these.

On-Your-Feet Special

If you stand for hours at a time, Dansko's Targhee for women and Bergen for men offer superior support and comfort. "I'd worn top-of-the-line sneakers with orthopedic supports for the past 7 years when I did surgery. But I traded them in for the Dansko clogs, which have superior support that makes them really incredible," says Dr. Youner. \$115-\$126; call (800) DANSKO-4 (326-7564).



The Ultimate Slip-On

"If you have suffered from foot pain or want to make sure you never do, these are the shoes to slip on when you get up in the morning and get home at night—instead of going barefoot," says Dr. Campbell, who loves the sole of Merrell's Primo Seam for its support and incredible comfort. Women only, \$65; in the US, call toll-free (888) 1637-7001.

Give
your feet
a little
TLC.