


# WELL-HEELED

WHEN IT COMES TO SHOES, HIGH HEELS ARE THE #1 CULPRIT OF FOOT PAIN

THE AVERAGE WOMAN OWNS 9 PAIRS OF HIGH HEELS



71% 

OF WOMEN WHO OWN HIGH HEELS SAY THESE SHOES HURT THEIR FEET

HIGH HEELS CAN CAUSE INJURIES



Wearing heels daily can cause your Achilles tendon to shrink, putting you at greater risk of an injury when doing any activities while wearing flats, including exercise.



Any heel over two inches in height results in a shifting of your body weight forward, putting incredible pressure on the ball of your feet and toes.

PREVENTION: MAKE SMARTER SHOE SELECTIONS



- ✓ Cushioning at the front of the shoe
- ✓ Generous toe box area
- ✓ Heel height of two inches or less
- ✓ Slight heel or wedge encourages your arch to lift

- ✗ Pointy, closed toe
- ✗ High stiletto
- ✗ Crowded toe box
- ✗ Excessive wear on heels or soles
- ✗ Requires "breaking in"



ALTERNATE BETWEEN DIFFERENT TYPES OF SHOES



To/from work



At work

LIMIT TIME WEARING HIGH HEELS





SHOES THAT CAUSE THE MOST PAIN

71%  High heels

27%  Barefoot running shoes

26%  Boots

23%  Flats

23%  Flip Flops