

# February 2018 Newsletter

Turramurra Trotters  
Running since 1974

## Contents

Re-cap of the month, plus announcements: .....	3
How to Turn Your Run or Walk Into a Full-Body Workout.....	4
Using Rate of Perceived Exertion to Gauge Exercise Intensity .....	4
Your Full-Body Outdoor Workout Plan .....	4
Are 15-Minute Walks Any Good?.....	5
Best Cardio Workouts and Exercises for Bad Knees .....	7
What's Causing Your Knee Pain? .....	7
Cardio Exercise for Knee Pain .....	8
Swimming.....	8
Upper Body Ergometer .....	8
Elliptical Trainer.....	8
Treadmill.....	8
The Rowing Machine .....	8
Home Cardio Workout.....	9
Precautions .....	9
Equipment .....	9
How To .....	9
Step Touches.....	9
Low Impact Jumping Jacks .....	9
March With an Exercise Ball .....	9
Overhead Step Backs With an Exercise Ball .....	10
Around the World With an Exercise Ball.....	10
Med Ball Knee Lifts .....	11
Straight Leg Kicks with a Med Ball.....	12
Band Side Knee and Kick .....	12
Knee Lifts With Punches.....	13
Punch-Punch With a Knee Lift.....	13
The Best Walking Shoes for the Elderly .....	13
Changes to Your Feet as You Age .....	14
Walking Shoes for the Active Elderly .....	14
Shoes for Everyday Walking for the Elderly .....	15
Footwear to Avoid .....	15
Before You Buy Walking Socks .....	16
Thickness and Padding .....	16
Double-Layer Socks.....	16

Anatomic Design.....	17
Wicking Fabrics .....	17
Compression Socks and Sleeves .....	17

# The Newsletter

## Re-cap of the month, plus announcements:

Dear all

Thank you to Bob and Angela Leonard for handling the drinks during February. Next month, March, drinks will be provided by Nick Swan. There is just one more month left to complete Drinks the roster, **December. Any offers?**

**Remember this date: 10 March 2018**

This is the day Alex Rosser's experiment will be held. We will be starting at 6:10 am if you are a 79 year old man or a 71 year old woman.

Alex set the "handicaps" from information gleaned from a number of other events. I have attached Alex Rosser's form for this handicap race. Please check it to see what is the suggested start time for your age. Of course if everyone starts on their handicap we should have many people running down Eastern Road together.

Walkers can still start as usual at 6:15 and those who only want to run the 6.5km or 8.6km course can start at 6:30 am.

### Lindfield Rotary Fun Run

From: "Hugh Hamlyn-Harris" <hugh.hamlynh@hotmail.com>

Date: 8 Feb. 2018 09:52

Subject: LINDFIELD ROTARY FUN RUN 8TH APRIL 2018

To: "alancole

Dear Leaders in fitness and fun,

Would you please add our upcoming event to your club's running calendar?

The 23rd Lindfield Rotary Fun Run will be held on Sunday 8th April, commencing at Clanville Road Oval, Roseville. We have a 2km, 5km and a 10km event. For further information and registration, visit [www.lindfieldrotaryfunrun.org.au](http://www.lindfieldrotaryfunrun.org.au).

If you require additional information, please contact me at the return email address or at phone 0409 340269.

Best wishes,

Hugh Hamlyn-Harris

Chairman

Regards

Alan

## How to Turn Your Run or Walk Into a Full-Body Workout



One of the least expensive, easiest and most effective ways to start a workout routine is to simply lace up your shoes, step outside, and start walking or jogging. And while a basic, 30-minute outdoor cardio session is nothing to scoff at, it's lacking a few of the physical activity guidelines suggested by the [American College of Sports Medicine](#). Namely, it doesn't incorporate strength training exercises for [muscular health](#) or neuromotor exercises that enhance balance and coordination.

The good news is, you don't have to ditch your walk or run to turn your workout into a total-body fat blaster that checks all the boxes. Rather, by extending your workout just 10 extra minutes, you can incorporate a little bit of everything into your routine—walking or jogging for cardiovascular health, bouts of strength training for muscular health, and a few balance training exercises to improve coordination and stability. All you have to do is try the following workout.

### Using Rate of Perceived Exertion to Gauge Exercise Intensity

When doing this routine, use the rate of perceived exertion (RPE) to manage intensity. RPE is a self-reported 10-point scale based on how you feel during exercise. An RPE of 1 is the equivalent of sitting still—essentially no exertion—while an RPE of 10 is the equivalent of an all-out sprint—a level of exertion you couldn't possibly maintain for more than 10 to 15 seconds. Using the far left and far right ends of the scale as guidelines, most exercise falls somewhere between a 5 and 9 for intensity.

The beauty of RPE is you can apply it to any activity you perform, so it applies regardless of whether you're walking, cycling, running or swimming. For the purpose of this plan, RPE suggestions are provided, and you can apply them to whichever activity you perform, whether that's walking, running, or even cycling.

### Your Full-Body Outdoor Workout Plan

You can do this routine wherever you typically walk or run, but if you have access to a fit trail or park, some of these exercises will be easier to perform.

Time required: 40 minutes

- 8-minute cardio warmup: Walk or jog for eight minutes, starting at an RPE of 4 and gradually increasing your intensity so you reach an RPE of 6 by the end of your warmup.

- 1-minute lunges: Stop wherever you are and perform 60 seconds of alternating lunges.
- 3 minutes cardio: Walk or jog for 3 minutes at an RPE of 7.
- 1-minute wall pushups: Stop and perform 60 seconds of wall pushups using any surface available, whether a wall, a tree or a bench.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE of 8—you should be working hard during this interval.
- 1-minute squats: Stop and perform 60 seconds of staggered squats with one foot on a raised surface, like a curb or a step on a playscape, or even a rock or stump—after the first 30 seconds, switch which leg is staggered.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE of 8.
- 1 minute modified pull-ups: Stop whenever you get to a low bar (like a low monkey bar at a park) or a low-hanging (but sturdy) branch on a tree. Use the bar or branch to perform 60 seconds of modified pull-ups.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE of 8.
- 1-minute triceps dips: Stop and perform 60 seconds of chair dips using a bench, table or bar for support. If you don't have access to a raised surface, you can perform them on the ground.
- 5 minutes cardio: Walk or jog for five minutes at an RPE of 6. This should be a "moderate intensity," comfortable pace you can maintain.
- 1-minute plank: Stop and perform a 60-second plank.
- 3 minutes cardio: Walk or jog for three minutes at an RPE of 7. This should be a more challenging pace—you might be able to maintain the pace for awhile, but it requires more effort to maintain.
- 1-minute lateral lunges: Stop and perform 60 seconds of lateral lunges, switching sides after 30 seconds.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE of 8.
- 1-minute agility drill: Stop and perform 60 seconds of side-to-side skaters.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE 8.
- 1-minute standing core: Perform 60 seconds of high-knee twisting marches, alternating from side-to-side.
- 1-minute cardio: Walk or jog for 60 seconds at an RPE of 7.
- 1-minute twisting side plank: Perform a standard plank, but shift your weight to one side to rotate into a side plank, rotate back to center, then rotate to the opposite side—continue for 60 seconds
- 5 minutes cardio: Cool down for five minutes, starting at an RPE of 6 and gradually decreasing intensity to an RPE of 4.

Just like that, you've taken your standard walk or jog and turned it into a full-body routine! To take some of the guesswork out of the program, try entering the workout into an app with a timer to help you stay on track. Seconds is one version that's available for [iOS](#) and [Android](#).

## Are 15-Minute Walks Any Good?

Do You Need Longer Walks to Lose Weight?



Question: Are 15-Minute Walks Any Good?

My walking is in 15-minute intervals, four times a day on most days. Is walking for 15 minutes, four times a day helping me to lose weight?

Answer: Walking for 15 minutes, four times a day burns as many calories as walking steadily for an hour. There are benefits to combining them into one longer walk, but you need to weigh that against what you enjoy doing and what fits into your schedule.

The American Heart Association's 2007 exercise guideline for healthy adults recommends 30 minutes of moderately intense exercise, such as brisk walking, 5 days a week. But they also say that the 30 minutes can be broken up into 2 to 3 bouts of exercise of 10 to 15 minutes.

Benefits of Walking Over 45 Minutes

After walking steadily for approximately 45 minutes, your body has burned off the available sugars (glycogen) it has stored up. Now it needs to begin to burn fat. Walking is a good way to turn the body on to burning stored fat. If you walk for 30 minutes or less, you are still burning calories, but they are the stored sugar calories (glycogen) rather than having to dip into the stored fat.

Is Walking 15 Minutes Helping Me Any?

Yes, your body still has burned calories that it wouldn't have burned. If you are on a low calorie diet, your body still will be burning fat as it doesn't have enough calories to get through the day.

But there may be a slight advantage if your walks were strung together so they were 45 minutes or more, you may burn a bit more fat each day. Your body replaces the burned glycogen either through the calories you eat or through breaking down some stored fat. If you eat more calories than your body needs, it stores it right back again as fat.

Diet and exercise are both key to [losing weight](#).

[Calories Per Day Calculator](#)

Steps per Day Count for Health and Weight Management

[Pedometer studies](#) have shown that people who add more steps in throughout the day are less likely to be overweight, and they have a much reduced risk of killer diseases such as [heart attack](#), stroke, cancer, type 2 diabetes, and more. If you add 2,000 steps to your day -- about what a 15-minute walk adds -- you are greatly reducing your health risks and stopping additional weight gain.

[Walk 2,000 More Steps per Day and Never Gain Another Pound](#)

Getting to 10,000 Steps per Day: Walking four 15-minute walks adds 8,000 steps to your day, which combined with the rest of your daily steps puts you over the 10,000 steps per day [recommended for weight loss](#).

[How Many Steps per Day Are Enough?](#)

Enjoying Your Walks is the Top Priority

If you find it difficult to set aside an hour a day for walking, but can work in some 15-minute walks, then concentrate on the 15-minute walks. The key to fitness is finding something you enjoy doing, rather than dreading or feeling like it is a stressful chore. Once you have built the 15-minute [walk habit](#), then look for a day or two a week you can do a longer walk

## Best Cardio Workouts and Exercises for Bad Knees

When your knees hurt, it affects every part of your life. Chronic [knee pain](#) makes even the simplest movements, like walking up and down stairs or getting in and out of a car a challenge. And what about [exercise](#)?

If you're already in pain, the last thing you want to do is trigger more pain or make it worse with the wrong kind of exercise.

[Fear of more pain and injury](#) is often what keeps pain sufferers from exercising, although some conditions will improve with different types of exercise.

And if your knee pain is complicated by being [overweight](#), exercise is almost always recommended. Even losing a [small amount of weight](#) can take the pressure off the knees, giving your body some relief from the pain.

Knowing that, yet still having to deal with the pain, what exercises and workouts can you do that won't make things worse?

There are actually plenty of options for exercisers with knee pain, but your first step is to figure out what's going on.

### What's Causing Your Knee Pain?

[Knee pain](#) can be caused by any number of conditions like [bursitis](#) or [arthritis](#), or it may be caused by a sprain, tear, or an [overuse injury](#). Because there can be so many reasons for knee pain, it's important to see your doctor and get a specific diagnosis.

You know you need to [see a doctor](#) if your pain and/or swelling lasts for several days, the joint feels unstable, or it's been going on for so long that it's interfering with daily activities.

Your doctor may want you to take medication and/or physical therapy. It's also important to get clearance from your doctor or physical therapist for any kind of physical activity.

Find out exercises and movements to avoid as well as activities that are good for your joints and will help you heal.

You should also ask about pain during exercise, specifically if feeling some pain is normal or if you should stop the activity.

Most experts recommend you avoid working through any pain, but your situation may be different.

## Cardio Exercise for Knee Pain

Once you know what's going on with your knee and have clearance from your doctor, you can start exercising. Cardio exercise is a great place to start and one of the best choices for strengthening the lower body, getting your heart rate up, and losing weight.

If you have access to a gym, there are plenty of options to choose from when it comes to cardio.

## Swimming

Swimming is one of the best choices if you have knee pain. The water keeps your body buoyant, taking the impact off the rest of your body while allowing you to get a great cardio workout and strengthen the muscles that support the knee.

The best moves are freestyle and the backstroke, but you can also try other drills and exercises.

- Reverse Kicking - Wrap your arms around a kickboard, flip over onto your back and kick, bringing the knees high with each kick. It's almost like you're marching.
- Walking - If it doesn't bother your knees, you can wear a flotation device and walk across the pool. The resistance will get your heart rate up, but there's no impact and you can strengthen your knees. You can walk forwards, backward and even sideways, giving you great variety while allowing you to strengthen all the muscles in the lower body.
- Water Aerobics - Group exercise is fun and doing movements in the pool will give you a great cardio workout without any impact on the joints.

## Upper Body Ergometer

An upper body ergometer is really just like a bicycle for your arms and many gyms and physical therapy clinics have them. You sit in front of it and cycle the pedals with your hands to get your heart rate up.

This puts no pressure on the knees, so this is a good choice if you have a severe injury or you're recovering from surgery.

## Elliptical Trainer

Not all knee pain responds well to the elliptical trainer, but the fact that it's no impact yet weight-bearing makes this a good option to try. There's no impact on the joints but the movement allows you to strengthen the quads and hamstrings while getting a great cardio workout.

If it seems to aggravate your knee, either during or after the workout, skip this one and try a different activity.

You might start with no resistance and just a few minutes at a time to see how your body responds. It may feel fine when you're exercising, but flare up the following day.

## Treadmill

The treadmill is also a good choice if walking is something you can do without pain. The moving belt provides a cushion that concrete sidewalks don't, allowing you to walk without striking such a hard surface.

## The Rowing Machine

The rowing machine is another option to try because the movement works the quads and hamstrings, helping to build strong knees.

However, the movement is repetitive on the knees. This may help your knee pain or, for some, it may make it worse. Again, start easy and only do it for a few minutes to see how your body responds.

If all that bending hurts, this is one to skip.

## Home Cardio Workout

If you don't belong to a gym or those options don't work, there are plenty of exercises you can do at home with just a few pieces of equipment. The workout below includes a variety of low impact cardio exercises designed to get your heart rate up without pounding on the knees and other joints.

### Precautions

See your doctor before doing this or any other workout and skip any moves that cause pain or discomfort.

### Equipment

A resistance band, a medicine ball (4-10 lbs) and an exercise ball.

### How To

- Warm up with light cardio, marching in place or around the house for at least 5 minutes, or use the first couple of exercises to warm up your muscles.
- Once you're warmed up, stretch any tight muscles of the lower body; the hamstrings, quads and calves.
- Do each exercise for 30-60 seconds, going from one move to the next with little or no rest in between.
- Aim for working at a moderate intensity. If you want to add more intensity, go faster, use a bigger range of motion for the exercises, add impact, or use a heavier resistance.
- Do one circuit for a short, 15-minute workout or repeat the circuit as many times as you like.
- End with a cool down and be sure to stretch the lower body.

### Step Touches

The workout starts with simple exercises that get progressively more intense as the workout goes on.

For your first move, start with step touches. Step out to the right taking the arms out to the sides. Bring the left foot in, touching the floor next to the right foot and immediately step to the left with the left leg.

Continue to step to the right and left, making the steps wider and the arms bigger to warm up the body.

Repeat for 60 seconds.

Variations:

- Step touch all the way across the room and back.
- Circle the arms overhead to add intensity.
- Instead of step touches, stay on the right leg and step the left foot out and in for 30 seconds. Repeat on the other side.

### Low Impact Jumping Jacks

Increase the intensity just a bit with low impact jumping jacks.

Take the right foot out to the right, pivoting slightly on the left foot so that your body is facing the left side of the room. At the same time, swing the right arm up.

Step back to start and pivot to the right, taking the left leg out and swinging the left arm up.

Continue alternating sides for 60 seconds.

Variations:

- Add circle arms: Instead of taking one arm up at a time, take both arms up, circling them together like you're drawing a rainbow in the air.
- Add impact: If it doesn't bother your knees, try a full jumping jack.
- If pivoting bothers your knees, keep the body facing forward.

### March With an Exercise Ball

Grab your exercise ball and we'll move on to more intense exercises.

Hold the ball in both hands straight up overhead. Bring the right knee up as you bring the ball down to the knee. Take the ball up, lower the right leg and do the move on the other leg.

Continue for 60 seconds.

Variations:

- Keep the ball at chest level as you march if this is challenging for the upper body.
- Speed up the exercise to add intensity.

### **Overhead Step Backs With an Exercise Ball**

Still holding the ball, take it straight up overhead. Keep the ball there as you step back with the left foot. Step back in, ball still overhead, and step back with the right foot.

Continue, alternating sides for 60 seconds.

Variations:

- Bring the ball up and down as you step back instead of holding it up the entire time.
- Keep the ball at chest level to lower the intensity level.
- Speed up the exercise for more intensity.

### **Around the World With an Exercise Ball**

Holding your exercise ball in both hands, feet out and knees slightly bent, swing it out to the right. Now swing it overhead and circle over to the left.

Continue circling the ball all the way back to the middle, repeating for 30 seconds in one direction, 30 seconds in the other direction.

Variations:

- Make the move as big as possible to add intensity.
- To make it easier, hold the ball closer to the body as you circle the ball around.

## Med Ball Knee Lifts



For some variety, it's great to add a new tool to the mix. Grab your medicine ball: Around 4 to 8 lbs is a good range to choose from.

Hold it in both hands and march like you did with the exercise ball. Start with the med ball straight up and bring the right knee up, touching it with the medicine ball.

Lower and repeat with the left knee, alternating sides for 60 seconds.

Variations:

- Keep the ball at chest level as you march if this is challenging for the upper body.
- Speed up the exercise to add intensity.

## Straight Leg Kicks with a Med Ball



Keeping your medicine ball, we'll pick up the intensity with some long lever moves.

Take the med ball straight up as you step back with the right leg into a straight leg lunge. The front knee should be slightly bent. From this position, kick the right leg forward as you bring the med ball down towards the toes.

Repeat for 30 seconds and switch to the other side.

Variations:

- If bending the front knee in the straight leg lunge bothers you, keep your leg straight.
- Hold the ball at chest level for a lower intensity.
- Bring the knee up instead of keeping the leg straight.

## Band Side Knee and Kick

Put down the med ball and grab a resistance band. It can be any level of tension or, if you don't have one, you can just use a towel.

Fold the band in half and grab either end. Shift your weight to the left leg and take the arms straight up, pulling the hands away from each other to activate the upper body.

Lift the right knee up, squeezing the waist to bring the right knee up and out to the side while bringing the right elbow towards the knee. Lower the leg, straighten the torso and do the same thing, only keeping the right leg straight in a side leg lift.

Continue for 30 seconds, alternating a bent knee and straight leg and then switch sides.

Variations:

- Do the move without a resistance band to reduce the intensity.
- Add speed to the exercise to increase the intensity.

### **Knee Lifts With Punches**

Begin this move by facing the right corner of the room. Step back with your right leg as you punch out with the right arm.

Now, pull the right elbow back and punch out with the left arm as you pull the right knee in. Continue with the punches and knee lifts on that side for 30 seconds and switch sides.

This move does require some coordination, so give yourself a little extra time to get the move down.

Variations:

- Just punch in and out with the right arm if this move feels confusing at first.
- Add speed or hold very light weights to increase the intensity.

### **Punch-Punch With a Knee Lift**

To continue with the kickboxing theme, you'll add more punches and knee lifts.

For this one start with the feet wide and bring the right knee up, punching across the body with the left fist. Lower the knee and now do the following sequence: Right punch, left punch, right punch. On the last punch, bring the left knee up. Think of it like punch-punch-punch with a knee. Continue for 60 seconds.

Variations:

- Take out the knee lifts if this move is too confusing.
- Increase the speed or hold very light weights to add intensity.

## **The Best Walking Shoes for the Elderly**

How to choose shoes for your needs as you age



The features you need in a [walking shoe](#) can change as you get older. You may be used to wearing heels or boots but discover these no longer work well for walking. The shoes you have used for years when walking for health and fitness or walking the dog may also need to be traded for those that will serve you better. Learn about the changes that happen as you age, and the shoes that can keep you walking into your advanced years.

## Changes to Your Feet as You Age

Your feet will change in shape and size through the years, and your needs in footwear will change due to common conditions. These changes include:

- **Foot widening and lengthening:** It is normal for your [feet to become wider, longer, and flatter](#) as the ligaments and tendons lose strength and elasticity. Injuries to them accumulate. It is normal to see your shoe size increase by a half size or more.
- **Foot swelling:** You may experience foot and ankle swelling due to problems of circulation or the effects of medication and health conditions. You may need a larger pair of shoes for the days when you have more swelling. If you wear compression socks, you need to ensure your footwear can accommodate them without being too tight.
- **Thinning natural cushioning:** You also lose the fat pad that cushions the bottom of your foot. You may notice discomfort and fatigue more and more as this natural padding is lost. [Cushioned shoes](#) or insoles can help.
- **Skin changes:** Dry skin as you age can lead to calluses and you may get cracked skin on your heels.
- **Foot problems can worsen:** Bunions, hammertoes, and other foot conditions continue to develop. You may experience the long-term effects of wearing shoes with pointed toes and elevated heels.
- **Gait changes:** Arthritis, neuropathy, and other conditions can change your gait, slowing your overall walking speed and sometimes resulting in a limp. This can result in placing pressure on different areas of the foot, leading to discomfort. Gait changes often develop after age 70 and are seen in the majority of people over age 80.
- **Bone density loss:** Thinning bones are more at risk of fracture, including your foot bones.
- **Unable to touch your feet:** You may lose [flexibility](#) as you age and have difficulty bending over or crossing your leg. If you can't reach your feet easily, it becomes a challenge to put on your socks and shoes. You may need assistive devices such as a [sock aid](#) and to switch to a non-laced shoe. You may not be able to trim your toenails or wash and dry your feet.
- **Foot problems due to diabetes:** More than one in five people have [diabetes](#) after age 65. This often results in loss of blood circulation and sensation in the feet. You will need to ensure your shoes fit well and do not rub and [cause blisters](#), which can lead to infection.
- **Balance issues:** As you age, your ability to [balance](#) and correct yourself if you slip or trip is reduced. You may be on medication that can make you dizzy as well. You will need shoes that have non-slip soles and enough structure for good support, including those with high collars.

## Walking Shoes for the Active Elderly

If you are active and often enjoy walks for health and fitness, athletic walking or running shoes are the best choice. To ensure you are getting the right kind of shoes and they are [fitted properly](#), visit a specialty running shoe store in your area.

They don't just serve young competitive runners. They have many long-time customers who look just like you and have similar needs.

Your feet will be measured and they will assess your gait to see whether you might benefit from motion control shoes or stability shoes. These kinds of stores may also be able to make heat-molded insoles that will give your foot good support. While walking shoes may work, don't be surprised if they recommend a [running shoe](#) instead. Running shoes lead the way in using lightweight cushioning and the latest technology. The right running shoes will flex in the forefoot and have a flat profile with a low heel-to-toe drop.

Athletic shoes also have a padded heel collar, which can reduce rubbing in that area. Many are made with seamless uppers to reduce areas of friction.

Look for athletic shoes that have a more rounded toe box and come in widths. [New Balance](#) is a brand that has long been known for both. They have a few walking styles with hook-and-loop closure if you prefer. Many models of Brooks also come in widths and they are known for their [motion control shoes](#), the Beast for men and the Ariel for women.

Ask the salesperson to help you [lace the shoes to get a good fit](#). You want to ensure they are not too tight over the forefoot but can be tightened at the ankle so your heel stays in the heel cup. There are tricks you can use.

Don't skimp on getting [good socks](#). Look for sweat-wicking socks that are anatomically-shaped that can reduce your risk of developing blisters. A running store is a good source for these.

Always shop for shoes later in the day when your feet may be a little more swollen. Wear the socks you plan to wear with the new shoes so you can ensure you get a correct fit.

### Shoes for Everyday Walking for the Elderly

You may want to visit a specialty foot and ankle store to get recommendations for inserts, shoes, and shoe modifications. If you have significant foot pain or gait difficulties, discuss these with your doctor or [podiatrist](#) for a full assessment. [Supportive and cushioning insoles](#) can give you greater comfort or you may need a prescription orthotic.

For shoes you can wear when shopping, socializing, or around the house, there are brands and sources of designs that are useful for the elderly:

Propet is a brand that has a variety of shoe designs that include hook-and-loop tab closure rather than laces, extended widths, and other features you may need. They have a range of styles including athletic shoes, dress shoes, boots, sandals, and slippers. Many of their styles are rated as Medicare-approved diabetic shoes.

New Balance makes several models with hook-and-loop closure rather than laces. These include the 577, 813, which are Medicare-approved as diabetic shoes, and the 411 and 928, which come in extra wide. These shoes have leather construction and come in colours such as black, white, and tan.

Silvert's sells adaptive clothing and footwear from a variety of manufacturers that can address needs such as very wide-fitting shoes, shoes with added depth to accommodate orthotics, shoes that are adjustable for foot swelling, and shoes with anti-slip soles.

### Footwear to Avoid

These types of footwear may contribute to problems as you age. Wear them infrequently or with caution:

**Pointy-toed boots or shoes:** If you love your cowboy boots, it can be tough to give them up. But boots and pointy-toed women's shoes constrict your toes and can rub and cause sores. Look for square-toed or round-toed versions that give your toes wiggle room.

**Shoes with heels taller than 2 1/4 inch:** An elevated heel raises your risk of turning your ankle and doing more damage if that happens. This is true for wider heels as well as skinny ones.

**Slick-soled shoes:** You need to reduce the chances of slipping and falling. Look for non-slip soles on all of your footwear.

**Low-back or backless clogs, sandals, or flip-flops:** You risk walking right out of these types of shoes on an incline and you can't get a good walking motion while wearing them. Look for styles that have a comfortable, padded backstrap. Avoid any sandals that give you hot spots or blisters where the straps rub.

**Flimsy shoes:** You need more structure to cushion and support your foot as you age. Even the slippers you wear around the house should have a firm sole.

**Rocker-soled shoes:** This type of shoe is not recommended if you have any difficulties with balance or your gait is not steady.

**Old, worn-out shoes:** Shoes [lose their support and cushioning](#) as they age. You need to check your shoes and get new ones when you see wear on the sole, upper, or inside.

Maintaining an active lifestyle is important for your health and independence as you age. Sometimes that will mean switching to shoes that don't match your usual style. Understanding what to look for in shoes can help you make the best selection. Be aware that any shoes should feel right as soon as you put them on, without a break-in period. Treat your feet to the right shoes so you can keep walking

## Before You Buy Walking Socks

What to Look For

By [Wendy Bumgardner](#)



Sweat, pressure points, and shearing forces can lead to blisters. Your socks are your first line of defense against these enemies. They must fit correctly so they don't bunch up and lead to pressure and shearing forces. They must wick sweat away from your skin. Forget cotton socks. Forget tube socks. Invest in wicking, anatomically-designed walking socks and your feet will thank you.

Luckily, you can find great socks designed for walking, jogging, and light hiking from several manufacturers.

### Thickness and Padding

Socks designed for walking will have light padding in key areas. These include the heel, ball of foot, toes and, in some cases, the instep. You will find a variety of thicknesses for athletic socks. Some walkers prefer a thin, single-layer sock, especially if they have shoes that already fit snugly, or to layer under a wool sock. Other people prefer a thick sock or a medium-thickness sock. Often you have to choose the sock to match your shoe so you have a good fit with the combined system.

### Double-Layer Socks

Double-layer socks prevent blisters by wicking moisture away from the foot and decreasing friction. The two layers of the sock move against each other rather than your foot moving against the sock. Some walkers find them the key to blister prevention, although others do best with a single-layer sock. WrightSock is a leader in this type of socks.

Traditionally, hikers would wear two different pairs of socks, with a wicking liner sock of polypropylene and an outer wool sock. A double-layer sock is similarly designed, although rarely using wool.

## Anatomic Design

To keep the sock in place and prevent bunching, it needs to be shaped like your foot.

Many designs have elastic or ribbing to keep them snug. Men's and women's feet differ in shape, so a gender-specific sock is wise. For those of us with bunions, you may find your sock is the culprit for irritation rather than the shoe and you will need to shop for a sock that doesn't bunch your toes together.

## Wicking Fabrics

Say no to cotton. When cotton gets wet from sweat, it absorbs it but doesn't release it readily. As a result, your feet stay moist and that is a set-up for blisters. Look for socks made of moisture-wicking fabrics such as CoolMax, Dri-Fit, Sorbtek and many others available on the market. Smartwool and other modern technical wool fabrics use wool for its moisture management system. Some people do well with wool socks, and these types take the itch out by using special wool. The wicking fabrics in socks are the key to preventing blisters.

Wide Socks

If you have wide feet or bunions, you may want wide socks so your toes won't be cramped. Here are [tips and top picks for wide socks](#).

## Compression Socks and Sleeves

Compression socks and leg sleeves can help with blood flow for people with diabetes and varicose veins. They have also become popular for runners to use either in hopes of improving performance or for recovery.

The evidence for the [benefits of compression socks and leg sleeves in athletics](#) is mixed.