



## Does the Shoe Fit?



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Have you ever wondered if your shoes were healthy for your feet? Here is an activity you can do to find how good your shoes are for your feet.

1. Place two pieces of paper on the floor next to each other.
2. Put your right foot on one piece of paper and have someone trace your foot. Write the letter R on the paper tracing.
3. Put your left foot on the other piece of paper and have someone trace that foot. Write the letter L on the paper tracing.
4. Cut the feet out of the paper.
5. Push the right paper foot into a right shoe. Push the left paper foot into a left shoe.
6. Make sure the paper feet are all the way into the shoes.
7. Now take the paper feet out of the shoes.
8. Is the paper foot folded or crinkled where they did not quite fit the shoe? If your paper feet have folds on them, it means that the shoes that you are wearing may not be the best shoes for your feet. This could cause foot problems.

Take your paper feet with you to the store the next time you go to buy shoes. Test the shoes with the cut out feet to see if they will fit your feet well.