

AS SEEN IN Prevention

the backs of your legs are less engaged in your stride, weakening those muscles over time, says Katy Bowman, a biomechanical scientist and the author of *Every Woman's Guide to Foot Pain Relief*.

Short steppin'. Wearing flip-flops shortens your gait, so you can't expect to get very far very fast in them. Eventually,

Shop smarter

If you can't fathom going through a flip-flop-less summer, opt for a more structured pair. Look for a contoured arch that fits to the shape of your foot (brands to buy: Chaco, Reef, Orthaheel, and Dansko, all of which have the American Podiatric Medical Association's seal of acceptance) rather than the flimsy corner-drugstore ones that look like they're stamped out of a piece of rubber.

17

The number of shoes the average American woman owns

56 | MARCH 2012 - PREVENTION

FASHION STYLING BY MARIE BLOMQUIST FOR MAIRIE ROSE AGENCY/PROP

Prevention

MARCH 2012

Prevention marks Orthaheel sandals as a smarter option when it comes to shopping for flip flops.

SHOP TIDE >



orthaheel

well-being with every step

AS SEEN IN

Prevention

Find out more about Orthaheel here.

