Program materials in this facilitator’s packet were developed to accompany FCS2-342 Shoe Savvy.

**Program materials**

Shoe Savvy Facilitator Guide  
Shoe Savvy – Power Point  
Women’s Guide for Selecting Shoes  
Foot Health and Common Foot Problems  
Foot Fact Quiz  
FCS2-342 Shoe Savvy publication

**Objectives**

At the end of this program participants should:
1. Have a better appreciation of the importance of feet and footwear  
2. Be able to recognize good fit in footwear for themselves and their family  
3. Have more confidence in the selection and purchase of quality footwear  
4. Have a better understanding and appreciation of foot problems and their causes  
5. Have more confidence in the selection of shoe styles best suited to foot size and proportion

**Program Preparation**

1. Review all materials in the facilitator’s packet  
2. Collect different types of shoes  
3. Collect various shoe and foot care items such as: shoe inserts, shoe horn, shoe trees, etc.  
4. Borrow a shoe measuring device from a local shoe store  
5. Remind participants to bring shoes and secure a large garbage bag for shoe game

**Program Outline**  
*follows power point presentation*

I. The Foot  
   Foot Facts – distribute FCS2-342 Shoe Savvy publication and the Foot Fact Quiz.  
   Have participants take the quiz and then discuss.

II. Shoes  
   Fact: U.S. shoe industry produces 250 million pairs of shoes annually. Americans buy more than 850 million pairs of shoes imported from other countries. *(World Book Encyclopedia 2001)*

   A. Shoe Parts  
      - Toe box  
      - Vamp or Upper  
      - Sole  
      - Heel  
      - Insole  
      - Instep
B. Styles – have examples to show or ask participants to share examples they brought. Distribute Women’s Guide to Selecting Shoes.

- Pump – also sling back pump
- Sandal – dress & casual
- Boot – fashion & casual
- Platform
- Sneaker
- Mules
- Oxford
- Flat
- Loafer

C. Selecting Quality Footwear

- Leather upper or ‘breathable’ fabric
- Smooth lining
- Firm stitching
- Secure fasteners

D. Fit Tips

1. When you shop
   - Shop in the afternoon
   - Wear socks/hosiery that will be worn with the shoe
   - Have both feet measured
   - Try on both shoes; walk around the store
   - Ball of the foot should be at the widest part of the shoe

2. Choosing “heels”
   - Best if 1 inch or lower; 2 inches at most
   - Wide toe box
   - Save higher heeled shoes for functions where you are not on your feet for long periods of time
   - Open toe styles may be more comfortable

E. Shoe Care and Maintenance

- Avoid wearing the same shoes two days in a row
- Keep shoes/boots polished and in good repair
- Use a shoe horn if needed
- Use shoe trees to keep the shape of shoes during storage
- Store shoes/boots away from heat
- Sandpaper can be used to rough up the soles of new shoes (with leather soles) to reduce slickness
- When shoes are wet, stuff with newspapers to absorb moisture and help retain shape; air dry – do not place near heat source
III. Special Shoe Needs

A. Diabetics
1. Wear cushioned shoes
2. Good arch support
3. Check feet daily
4. Wear roomy shoes that do not rub to avoid sores or blisters
5. Purchase specialty shoes when needed

B. Athletics
1. Walking shoes
   • Sole: Avoid sticky, non-skid soles and heavy rubber lugs (the part that curls over the top of the toe area) - tend to cause trips and falls
   • Beveled heel: angled style to permit a smooth, rolling motion when walking.
   • Cushioning and support: well-cushioned heel area absorbs the impact as you walk, sparing your body the shock of each step; rear-foot support and stability along with good arch support will help limit inward roll
   • Extra support: purchase replacement insoles with pre-formed heel cup and arch support to improve fit and stability
   • Closures: Shoes with laces let you adjust tightness well, but fabric hook and loop fasteners or elastic shoelaces make for easy in and out
   • Proper fit: comfortable and snug fit; heels don't slip; room for toes (width) and thumb's width between the end of your big toe and the end of the shoe (length)
   • Women with wide feet – try men’s shoes
   • Replace 6 to 12 months if walking regularly
2. Running Shoes
   • Provide more cushion in the ball/front of the shoe
   • Best to have two pair and alternate if running daily
   • Replace every 600 miles
3. Cross trainers
   • Combine several features of the above shoes such as flexibility and lateral control

C. Common Problems – distribute *Foot Health and Common Foot Problems*
1. Foot Problems
   • Corns and Calluses
   • Soft Corns
   • Bunions
   • Ingrown nails
   • Blisters
   • Plantar warts
   • Pump bumps
   • Odor
   • Hammertoe
   • Pinched nerve
   • Athlete's foot
- Plantar fasciitis

2. Sources for Foot Aides
- Shoe stores
- Drug stores
- Catalogs & websites
- Podiatrists

“Momma always says there’s an awful lot you could tell about a person by their shoes. Where they’re going. Where they’ve been.” ~ Tom Hanks in Forrest Gump

TEACHING ACTIVITIES

1. Have each member bring a favorite shoe and tell why it is their favorite (color, comfort, etc.) OR have the members put this shoe in a garbage bag, then have each person pull out a shoe (not their own) and guess to which member it belongs.

2. Discuss the importance of properly fitted shoes, sizing, how feet are measured. Ask for a show of hands of individuals who have recently purchased a pair of shoes and actually had their feet measured.

3. Poorly fitted shoes can create foot problems. If you are able to find some, show examples of some shoes and discuss FCS2-342 Shoe Savvy. Or ask members to look at their shoes to see if there are any examples.

4. There are many different styles of shoes. Using the handout, Women’s Guide to Selecting Shoes, discuss appropriate shoe styles for various foot sizes and proportions. Discuss styles that are currently fashionable; use pictures from newspaper, catalogs, etc.

5. Do the “Poke, Bend, Twist” test on an athletic shoe and evaluate the shoe.

6. Discuss Foot Health and Common Foot Problems and show examples of shoe inserts, foot aides, etc. from local shoe stores or drug stores. Share catalogs or sources of specialty shoes or foot aide products.

For further reading and information on shoes check out these books and/or Web sites:

Resources and Websites listed below are not intended as endorsements and/or recommendations.

http://www.ca.uky.edu/heel/moving.htm - Get Moving Kentucky, a University of Kentucky College of Agriculture Health Education through Extension Leadership program.
www.aapsm.org - American Academy of Podiatric Sports Medicine