Article published on May 18th 2012 | Business

Even if individuals go for walks just about 30 minutes a day, three times a week, a good pair of walking shoe can be a great investment. This way, individuals can give their feet more comfort and can lower the risks of injury as well. While selecting the right kind of shoes, individuals should find one that bends easily around the ball, and not just on the arch of the feet. The heel of the shoe should be flat and rounded so that it will be easy to take each step forward. Moreover, the upper, part of the shoe that holds the feet, should be extremely flexible.

Most individuals may not know the difference between a running shoe and a walking shoe. Running shoes come with more cushioning as compared to walking shoes. The bottom soles of walking shoes are however more flexible and the thinner soles enables the foot to move naturally from heel to the toe. When it comes to select the best walking shoes, individuals should look for the one that fits well. If they have high arches, then they should buy a shoe that offers extra cushioning and support. They should make a purchase from a store that have huge selection of menâ€™s wide shoes, and keep on trying shoes till they get a comfortable fit. Individuals should wear the socks that they would usually wear while going for walks.

The walking shoes should feel comfortable, without any flouting in period. It should be kept in mind that there should be enough space between the end of the toes and the tip of the shoes. The heel should not slip around and the ball of the feet should fit comfortably in the biggest part of the shoe. A good walking shoe should last long, and for most walkers, it translates to around 4 to 6 months. Though the threads may still appear after that, however the cushion on the sole will be depleted.

Those who are suffering from serious foot conditions such as bunions, hammertoes, calluses and corns, and have wider toes, then bespoke shoes can be the best choice for them. They need specially designed shoes to minimize the pressure on their feet to get relief from pain. Diabetic shoes and arthritic shoes would be most suitable for all those having diabetes and arthritis. Most of these diseases are the result of lack of hygiene, ingrown nails, and wearing tight fitted shoes.

Most of these bespoke shoes are specially designed for people with foot deformities. Wearing properly fitted footwear is thus inevitable to ensure a good way of walking and avoiding such foot disorders. Even those who are not having such foot deformities, bespoke shoes can be best option for them. Individuals can opt for the custom-made shoes that are exclusively designed to offer the best fit and create an impression.

Menâ€™s wide shoes for those suffering from certain diseases and severe deformities can be designed for the perfect fit and style. Individuals can find several online stores that offer such handmade shoes. They can select these services as per their needs and desire after doing a proper search.

Article Source:
http://www.articleside.com/business-articles/men-s-wide-shoes-the-best-way-to-give-comfort-to-the-feet.htm - Article Side

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a Mens wide shoes are extremely popular these days. However, their right selection is a must for

maintaining a proper gait and avoiding excruciating foot disorders such as arthritis, diabetes, bunions etc.

Article Keywords:
Menâ€™s wide shoes , Men's Comfort Shoes

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