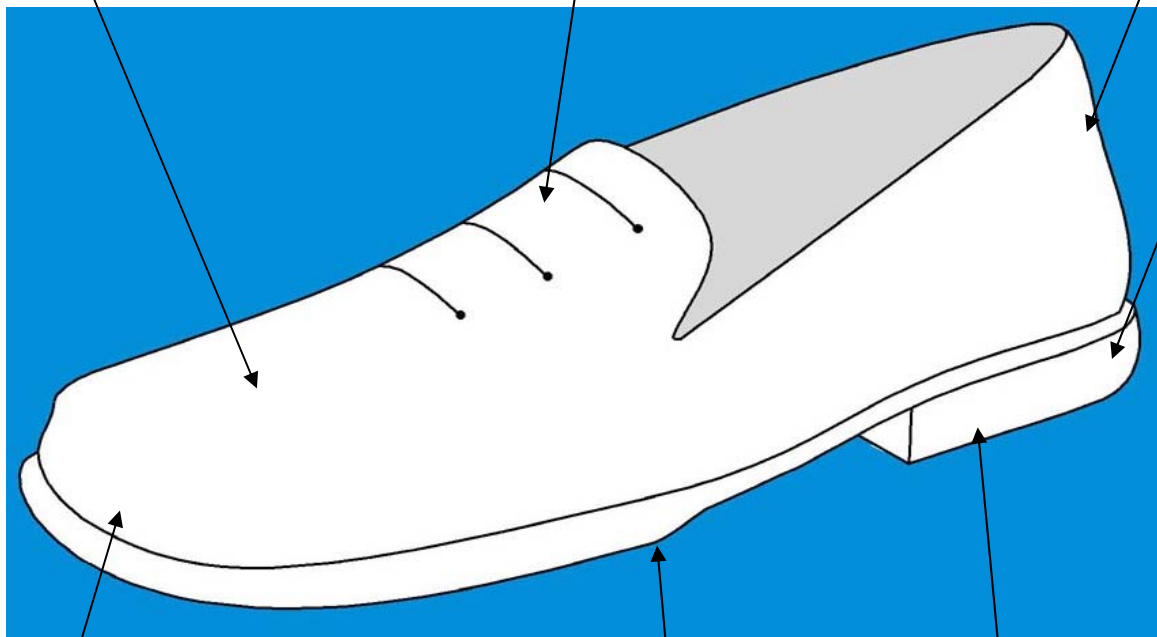


The ideal shoe

Shoe length is 6 mm (1/4 ") longer than your longest toe

Laces or Velcro® closure allows a snug fit and allows for swelling

Back of shoe covers the heel to provide support and prevent slipping



Toe area is deep and wide enough to allow toes to move

Sole has a good grip but does not stick to carpet

Heel height is 6mm to 2.5 cm (1/4" to 1" high)

Heel is rounded and wide to give more contact with the ground

For more information, visit www.findingbalanceontario.ca