

## 18. Old shoes



**What it means:** Danger! You're a walking health bomb if your everyday shoes are more than a couple of years old or if walking or running shoes have more than 350 to 500 miles on them. Old shoes lack the support feet need -- and footgear wears out faster than most people think, foot specialists say.

**More clues:** Blisters (too tight), bunions (too narrow), heel pain (not enough support) -- if you're having any kind of foot trouble, there's at least a 50-50 chance your shoddy or ill-fitting footwear is to blame. Older people are especially vulnerable because they fall into the habit of wearing familiar old shoes that may lack support, flexibility, or good traction.

**What to do:** Go shoe shopping!