

# Ask The Foot Doctor

## Shopping For Shoes That Get Kids Moving

(NAPSA)—According to the Centers for Disease Control (CDC), America's children need to get moving.

A recent National Health and Nutrition Examination Survey (NHANES) of the last 30 years found that among children ages 2 to 5, obesity has doubled, while among 6- to 11-year-olds, it has tripled.

Obesity can have a negative impact on health. Young people who are obese are at a higher risk for cardiovascular disease, high blood pressure, high cholesterol and type 2 diabetes.

That's why it is so important to encourage children to participate in physical activity. However, when children choose a sport, it's important to equip them with sport-specific shoes.

"Selecting the correct shoe for a child's activity and foot type can go a long way in preventing many foot-related injuries," said Dr. Kathleen Stone, president of the American Podiatric Medical Association (APMA).

Here are a few facts you can use to shop for sport-specific shoes:

- **If your child likes to shoot hoops.** Give children a shoe that both helps them perfect their basketball-handling skills and prevents injury.

A child's basketball shoe should:

- Have a thick, stiff sole that helps give support while a child is running and landing from jumps to the basket.

- Incorporate high ankle construction that supports the ankle



**Wearing sport-specific shoes can not only change your child's game, but they can prevent foot injuries.**

during quick changes in direction. A good basketball shoe should have the strongest support on either side of the ankle.

- **If your child is an ace on the tennis court.**

A court shoe should:

- Support both sides of the foot, due to the quick lateral movements and weight shifts in court sports.

- Provide a flexible sole for fast changes of direction.

- **If your child likes to run.** Choose a shoe that:

- Provides maximum shock absorption to help runners avoid ailments such as shin splints and knee pain.

- Controls the way your child's heel strikes the ground, so the rest of the foot can fall correctly.

- **Whatever the game, stock up on the right socks.** The right athletic sock should be made of a natural/synthetic blend as this helps wick away moisture, and it shouldn't contain any large seams that can cause blisters.

For more information, visit [www.apma.org](http://www.apma.org).