

These 10 Comfortable Walking Shoes Are a Step in the Right Direction

NEW YORK, N.Y., Feb. 4 (SEND2PRESS NEWSWIRE) – MostComfortableShoes.com releases its 2009 Top Picks for Comfortable Walking Shoes. Health officials have promoted walking for years, stressing a host of benefits from cardiovascular fitness to solving weight issues. Walking may be the simplest of all aerobic exercises, but it still requires one crucial piece of equipment – comfortable walking shoes.



In a continuing campaign to get the public strolling in the right direction, MostComfortableShoes.com announced today its Top 10 Most Comfortable Walking Shoes of 2009. The exclusive list highlights 10 shoes – five for men and five for women – that synchronize the latest design and technology in footwear that gives the best overall support, cushioning and flexibility necessary for high-quality walking.

“There’s a massive choice of lightweight comfortable walking shoes, sneakers and hybrids out there, all of them with their pros and cons for healthy walking,” said MostComfortableShoes.com founder Drew Waters, who incorporates information from several orthopedic experts throughout his website. “For the average person in search of a pair of comfortable walking shoes, this can be overwhelming. Our Top 10 Comfortable Walking Shoes picks are intended to help the consumer decide which option will work best for their individual needs.”

When it comes to the best, Mephisto and Merrell come out on top in the Comfortable Walking Shoes rankings. The Mephisto AllRounder Niro, which has been a consistent finisher on the list, combines an anatomical cushioned footbed and shock absorbing system to take the top spot in the women’s everyday walking and travel category. On the men’s side, the Merrell Intercept is rated No. 1 as a multi-terrain comfort walking shoe. The EVA footframe and Air Cushion midsole ensure stability and all-day comfort.

Other selections among the Top 10 Most Comfortable Walking Shoes include models from MBT (Masai Barefoot Technology), Brooks, Ecco, Keen and New Balance. The annual list is based on personal testing, reviews from top outdoors and consumer health publications, and the personal recommendations from more than 30,000 monthly visitors at MostComfortableShoes.com.

The health-enhancing qualities cited among the Top 10 Most Comfortable Walking Shoes of 2009 are critical to overall foot care, as the American

Podiatric Medical Association recently reported that more than 50 percent of Americans complained of foot pain that has prevented them from doing routine activities. An APMA study also revealed that a 150-pound person walking just one mile exerts a force of 63.5 tons on a single foot, making selection of the correct walking shoes “paramount in preventing foot-related injuries when starting a walking routine.”

What’s also paramount is a visit to MostComfortableShoes.com, which breaks down the latest data and recommendations on all types of shoes, making the website a one-stop shop for consumer information. In a market flooded with thousands of styles and brands, MostComfortableShoes.com makes it simple for consumers by providing thorough research and expert opinions, all in a user-friendly format. The latest details on every type of comfort footwear, whether you’re running, hiking, working or walking, can be found at MostComfortableShoes.com.

“MostComfortableShoes.com has set the pace for giving consumers the inside track on all types of footwear,” said Waters. “Our Top 10 is meant to help consumers understand the importance of having anatomically correct and comfortable walking shoes. Each shoe selected acts as a natural extension of one’s anatomy, enhancing the posture and protecting the feet.”

To view the Top 10 Comfortable Walking Shoes:

www.mostcomfortableshoes.com/top-10-comfortable-walking-shoes

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