

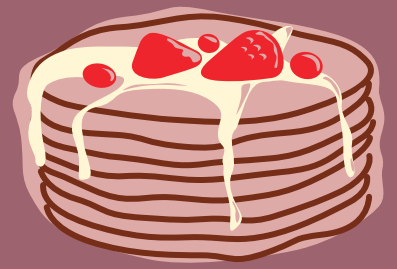
WHAT ARE BAREFOOT SHOES?

What to look for when shopping

1

FLAT

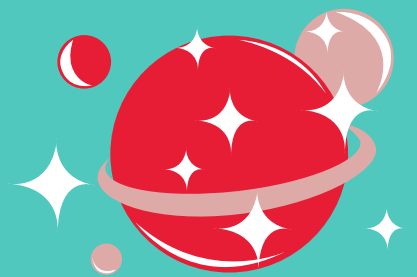
Check that the sole is as flat as a pancake, with no heel whatsoever. This is also known as "zero rise" in the barefoot world.



2

SPACE

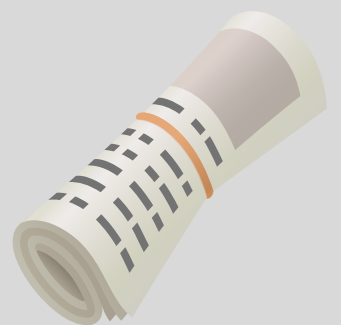
Check that the toes have space to spread. A good way to test is to place your foot on top of the shoe in question. If your toes hang out over the end of the shoe, then this shoe will be too restrictive.



3

FLEXIBLE

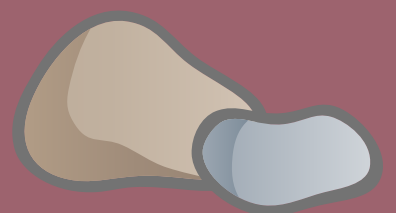
Can you do a one handed roll up with this shoe, like you would with a newspaper? Your feet need to be mobilised as much as the rest of you!



4

GROUND

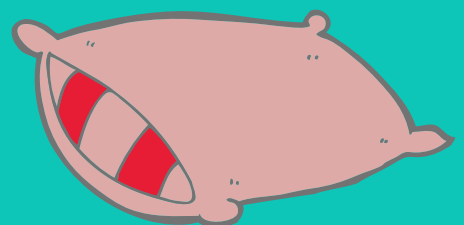
Can you feel the ground under your feet? Is there a big distance between your foot and the ground? Ideally, you should feel the ground as much as possible, and have less than 8mm between your feet and the ground.



5

CUSHION

Are your shoes free from supports or excessive cushioning? Wearing shoes with lots of cushioning actually increases impact on the joints, since your feet try harder to find the ground.



6

LIGHT

Are they lightweight or do you feel like you drag your feet along? Barefoot shoes don't weigh the feet down.

