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SPECIAL ISSUE: WALKING IN L.A.

While walking, socks matter too

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So you bought a good walking shoe. Here are a few more tips for keeping your feet comfy.

Wear the right socks. Look for synthetic, moisture control fabrics that wick away sweat; cotton gets wet and stays wet.

Get the fit right. Socks should be thin and form fitting; avoid any that bunch up inside the shoe. Newer styles have strategic cushioning under the heel and toe and are thinner around the middle of the foot. Some now come with no toe seams, which eliminates another pressure point.

Use antiperspirant — on your feet. To prevent chafing, fungus and blisters, spray it on your feet before your walk. It's better than powder.

Prevent blisters. When you feel one coming on, treat it with Body Glide. Available in a rub-on stick, this non-goosey, odor-free ointment minimizes the rub.

— Marnell Jameson