

Factsheet 7

Did you know that...?

88% of grown ups wear shoes that don't fit.

Your feet are bigger at the end of the day, than in the morning.

With every step you take, your foot has to take 2 times your body weight.

25% of all the bones in your whole body are in your feet.

Your foot is the same length as the arm between the wrist and elbow – but before you get shoes you feet should be measured properly

The average person walks about 4 miles a day, or about 8,000 steps. Kids run even more!

During a typical day, the feet endure a cumulative force of 300 tons – that's equal to 60 elephants!

The average child's shoe will cover more than 500 miles during its lifetime.

It's rare that two feet are exactly the same - one of them is often larger than the other.

These are some of the reasons why proper fitting shoes are so very important. You will only ever have 1 pair of feet! So make sure you only get your child's shoes fitted by a experienced children's shoe fitter.