

SHAPE

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13 Cute Shoes That Are Good for Your Feet

With these podiatrist-approved pairs, you'll never have to choose between style and comfort again

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Stumped on Shoes

High heels can instantly upgrade any outfit from everyday to runway-worthy style. Plus, they perk up your posture, making you look and feel taller, leaner, and maybe even more confident. But if a gorgeous pair of shoes have ever left you with foot problems, you're in good company. According to a new British survey conducted by The College of Podiatry, it only takes one hour and six minutes of wearing uncomfortable shoes to feel pain, with ailments ranging from blisters to muscular problems. And heels aren't the only culprit, even flip flops can increase your risk for stress fractures.

"Wearing shoes is like dieting... You have to count the hours you wear them. You can wear a bad shoe, just like you have dessert, but you don't need dessert at every meal," says Hillary B. Brenner, DPM, a podiatric surgeon in NYC and spokesperson for the American Podiatric Medical Association (APMA). We sat down with Brenner and fellow APMA spokesperson Jacqueline Sutera, DPM, to find out which shoes you can wear, for how long, and why you don't have to sacrifice style for support.

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Aetrex Marissa Adjustable Ankle Strap Sandal



Hours allotted: 4 to 5

Good for: Commuting. The cork has excellent shock absorption, plus the design offers high arch support, a wide toe box, and a soft strap that won't give you blisters.

Bad for: Everyday commuting—remember, no shoe should really be worn every single day.

Buy it now: aetrex.com

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Aetrex Essence Riding Boot





Hours allotted: 5 to 6

Good for: Lots of walking, particularly in the winter. The rubber sole has excellent traction, unlike the [leather sole](#) of many fall/winter shoes.

Bad for: Nothing. You can walk far and wide without worrying about pain.

Buy it now: aetrex.com

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