

AS SEEN IN Health



SHOP SLIMFIT ▶

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YOUR SHOES, BUT BETTER



Add support to those shoes and you'll want to walk everywhere.

Orthotics aren't just for your flat-footed grandpa—behold three new editor-tested insoles that will make every shoe in your closet more comfy.

FOR YOUR SNEAKERS
► **Dr. Scholl's Active Series Replacement Insoles** (\$20; mass retailers)

They have reinforced arches and major shock absorption in the heel. **Tester says:** "I loved the extra support under my non-existent arches. I think I'm walking faster because it feels so effortless."
—Kim Goad, Deputy Editor

FOR YOUR HIGH HEELS
► **ThermaCELL Heated Insoles** (\$130; thermacell.com)

A mini remote controls the heat off and on depending on whether you're inside or out." (Or try disposable Toasti Toes, \$15 for 10 pairs; uline.com.)
—Kate Lowenstein, Senior Features Editor

FOR YOUR HIGH HEELS
► **Orthaheel Slimfit Orthotics** (\$35; orthaheelusa.com)

Fixes the wrongs heels cause by giving a slight lift (and cushioning) to the balls of your feet—like a platform shoe. **Tester says:** "These helped stabilize and support my feet in pumps. They work best in roomier pairs, though."
—Olivia Rassow, Editorial Assistant



Health

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Editors at *Health Magazine* put the Orthaheel Slimfit orthotic insert to the test. Tried and true, these inserts fit into most dress shoes, including heels.

orthaheel

well-being with every step

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Find out more about Orthaheel here.

