





### What You Will Do

1. Make sure you are standing on a safe, nonslip surface.
2. Lightly press your wet foot on the colored paper to make a water impression.
3. Follow instructions on the back of this worksheet.

**C**hoosing the right shoe for the right activity begins with knowing the shape of your foot, specifically your arch. Does your foot have a low arch, semi-curved arch, or curved arch? Finding out is easy. In this activity you examine the shape of your arch and become better able to choose the footwear you need.

#### What You Will Need

- Bucket or pan of water
- Paper (colored preferred) and pencil

#### What You Will Do

1. Place the bottom of either foot into the water.
2. Lightly press your wet foot on the colored paper.
3. Trace the outline of the water impression on the paper.
4. Examine the shape to determine your arch category.

#### Apply and Conclude

Refer to the illustration on the back of the worksheet to compare your arch impression. What type of arch do you have?

- Straight feet (Type A) leave an imprint that is oval shaped.
- Semi-curved feet (Type B) show the forefoot and the heel connected by a band about 2 inches wide or more.
- Curved feet (Type C) have a narrow band connecting the forefoot and heel.


Have you been using the correct type of footwear? How will knowing the shape of your arch influence you the next time you purchase a pair of exercise shoes?

1st X


**Active Mind  
Active Body**  
Wet Foot  
Test

Worksheet 2-3


**Directions:** Examine the footprint you have just taken. Compare the shape of your foot to the shapes in the diagram below, and place a check mark on the line that precedes the description that best fits your footprint.



**A. Straight Foot, Low Arch**  
Straight to semi-straight shoe design provides a stable base for the mobile foot. Probably overpronates.




**B. Semi-Curved Foot, Medium Arch**  
Semi-curved shoe design provides balance of stability and flexibility. Pronates normally.




**C. Curved Foot, High Arch**  
Semi-curved to curved shoe design provides cushioning and flexibility. Probably underpronates.


**Looking at the bottom of your right shoe**



A **overpronate**



B **neutral**



C **underpronate**

■ Worn Tread

**Lesson 2-3**

**Apply**

- What type of arch do you have?
  - \_\_\_\_\_ Straight feet leave an imprint that is oval shaped. The arch is low. (Type A in the diagram)
  - \_\_\_\_\_ Semi-curved feet show the forefoot and the heel connected by a band about 2 inches wide or more. The arch is medium. (Type B in the diagram)
  - \_\_\_\_\_ Curved feet have a narrow band connecting the forefoot and the heel. The arch is high. (Type C in the diagram)
- How will knowing the shape of your arch influence your decision the next time you purchase a pair of exercise shoes?

1st x