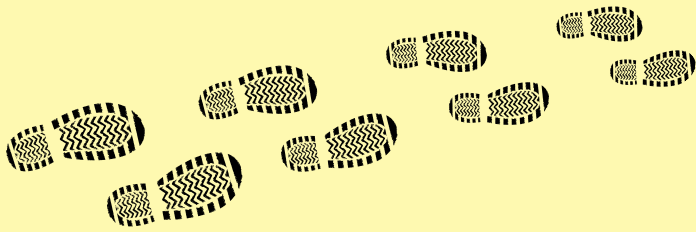


If the Shoe Fits

By Mike Gennaro

In 2025, we're living in a world where men's shoes can finally be both comfortable and HR-approved—a revolution in footwear! Few brands have mastered this balance as well as Cole Haan, which holds a special place in my heart, closet and eBay cart. They were among the first to do it right, blending comfort with office-ready style.

That said, a word of caution: buying used shoes can come with risks. A poorly fitted or worn-down pair can throw off your step, especially for runners. I learned this the hard way—after years of neglecting my footwear choices, I ended up needing foot surgery with Dr. Lindow three years ago. Now, I always prioritize comfort over style—but thankfully, we no longer have to choose between the two.



Mike G. - Cole Haan ZeroGrand

If you're considering Cole Haan, expect a retail price of \$100–\$200 per pair. However, if you don't mind adding new inserts, you can score them for as low as \$20 plus shipping on eBay. Just be mindful of fit and wear, and when in doubt, consult a podiatrist—your arches will thank you.



Tara @ Salon 360 - VIBA Mules

They are the most comfortable shoes I've ever worn in 20 years of standing on my feet doing hair! And bonus, you can just buy new inserts when they "wear out." It was a running joke at the salon that multiple people a day would ask me about them.



Oliver Pope (Staff writer Lauren Pope's husband)- Luchesse Boots

"There's a good bit of Texas pride involved," Lauren explains. "They're handmade in Texas and have been for 150 years. His first pair were some Oxblood Ropers that he had resoled twice. Now, he gets a new pair every few years."



Jen Gennaro 🍷 -

Madewell "Gloria" Booties

I bought the Madewell "Gloria" split-leather boots in cognac and black about five years ago. I wear the cognac ones year-round, despite some child scribbling with a pen on the toe of one of them.



Dr. Kyle Lindow, Louisiana Foot & Ankle Institute - Brooks

Dr. Lindow highly recommends Brooks for their superior support, cushioning and durability. And if you're going to wear flip flops, he says, go for well made ones that support the natural shape of the foot and don't put extra strain on your ankles, knees or back.



IF THE SHOE FITS

Dr. Will Peay, Zachary Spine & Sports Chiropractic - Hoka

Dr. Peay is a Hoka convert. "I feel like I get more support," says Peay, who's on his feet treating patients all day.



Ashley Evans - Nike Daybreak Sneakers

"I just replaced these with the exact same pair. I love how lightweight they are and the retro look."



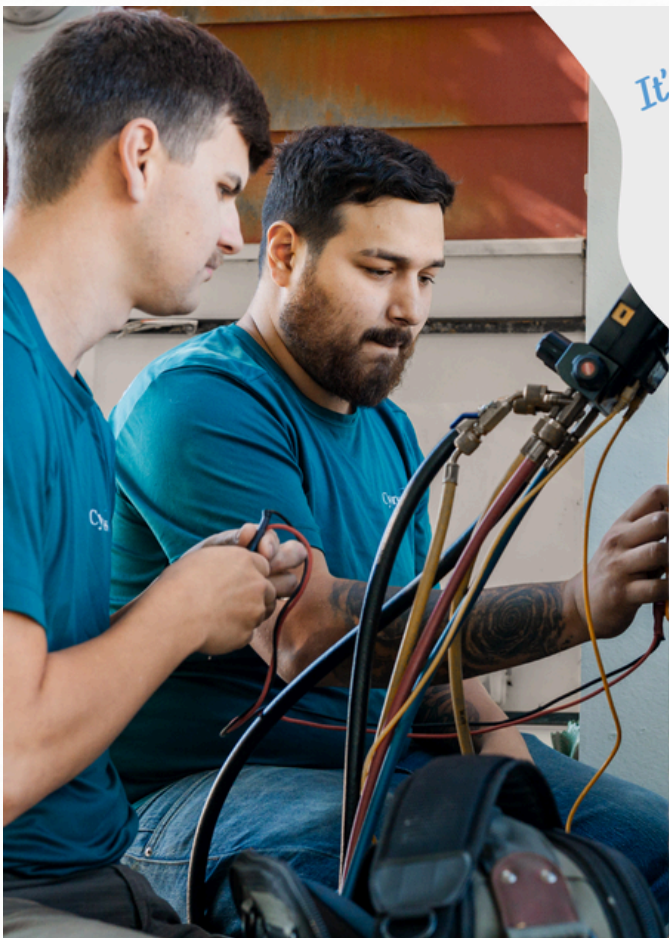
Cindy B. - Rothy's

"I have dozens of these, in all different colors and patterns! They're so cute, comfortable, and I love that they're washable."



Lauri Kitchen - Sam Edelman Mary Janes

"I love them! I've treated myself to one pair, which I've worn a lot."



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STEP INTO COMFORT

Expert Tips for Finding the Perfect Fit for Happy, Healthy Feet

- 1 Shop Later in the Day** - Feet tend to swell throughout the day, so shopping in the afternoon or evening ensures you're buying shoes that fit comfortably even at their largest.
- 2 Measure Both Feet** - It's common for one foot to be slightly larger than the other. Always choose shoes that fit the larger foot for optimal comfort.
- 3 Leave Space at the Toes** - There should be about a thumb's width (approximately half an inch) between your longest toe and the front of the shoe to allow room for natural movement.
- 4 Consider Width as Well as Length** - Shoes that are too narrow can cause bunions, corns, and other painful conditions. Ensure your shoe fits snugly but doesn't pinch or squeeze the sides of your feet.
- 5 Prioritize Arch Support** - Proper arch support is crucial for maintaining foot alignment and reducing strain on tendons. Look for shoes that provide adequate support for your specific arch type.
- 6 Test the Flexibility** - A good shoe should bend slightly at the ball of the foot but remain firm in the middle for stability.
- 7 Choose Shoes with a Supportive Heel** - A firm heel counter (the back part of the shoe) helps stabilize your foot and improve balance.
- 8 Walk Around in Them** - Take a few steps in the store to ensure the shoes feel comfortable and supportive before committing to a purchase.
- 9 Wear the Right Socks** - Try on shoes with the socks you plan to wear regularly to get an accurate fit.
- 10 Prioritize Quality Brands** - Dr. Lindow highly recommends Brooks, New Balance, Hoka and Asics for their superior support, cushioning, and durability.



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