



We're walking, we're walking



Our feet take tremendous abuse, so anything we can do to make their load a little easier is worth the effort. Z-Coil footwear may look a bit different, but they're all about taking care of the feet. With their conical-shaped steel coil heels, these shoes are designed to absorb 50 percent of the impact from walking or running, increasing energy and endurance, not to mention stability. The coil-suspension system works in conjunction with a built-in orthotic that equalizes pressure distribution across the mid-foot, reducing pain caused by heel spurs or plantar warts. The shoes also provide pain relief for arthritis, joint pain, back pain and sciatica. 800-268-6239; <http://www.zcoil.com>.