

NEWSBUZZ

LIFE HACKS 101

Hello, I'm Ashley Bartolomeo. Welcome to NEWSBUZZ LIFE HACKS 101. Today's life hack is all about the high heel! To get started let's discuss the basic high heel vocabulary.

There are several different types of heels:

Pump, Cone, Peep Toe, Open Toe, Stiletto, Sling Back, Kitten, Chunky, Spool, Platform, Mary Jane, T-strap, D'orsay, Wedge, Scarpin, Ankle Strap, Ruby Slipper, and Lobster Claw. As you see the definitions are on screen.

There are three types of heels that every woman needs to have in her wardrobe and those are black pumps, neutral pumps and a statement heel.

Some tips when it comes to shoe shopping:

- 1) The more open the shoe is, the less support it will provide.
- 2) Try on new shoes toward the end of the night, why you ask? This is because by this time your feet will be more swollen and so it will ensure a more accurate fit. And
- 3) When it comes to walking in heels your walk should be as normal as possible, the higher the heel the smaller your stride.

Some other high heel tips:

- 1) Research the different types of insoles for heels
- 2) Always carry band aids
- 3) Character (dance) heels or t- strap heels are a comfy alternative. Character heels are made for dancing after all, and t-straps help evenly distribute the stress of walking in heels.

Over all ladies, take good care of your feet whether it is a pedicure or a nice warm foot bath. That's all the hacks I have to share today here on NEWSBUZZ Life Hacks 101. Until next time, I'm Ashley Bartolomeo.

Source:

<http://www.buzzfeed.com/cathyngo/the-ultimate-high-heel-survival-guide#.talaxp4x5>