



## 3 Shoes for Comfy Winter Walking

You can still head outdoors on blustery days—these shoes have unique weatherproofing to prevent slips and falls. Here, our favorites to keep you warm and dry until spring. Bonus: You'll burn more calories than you would on a treadmill, thanks to wind resistance and extra inclines.

**1. BEST FOR WARMTH** High-grade Primaloft insulation in the **L.L.Bean Waterproof Snow Sneakers** keeps your feet toasty even when it's a teeth-chattering 15°F out. (\$79; [lbean.com](http://lbean.com))

**2. BEST BOOT ALTERNATIVE** Cinch-it-tight laces in the **Columbia Bugabutte** wrap around your entire ankle to help keep out snow without resorting to a high-top boot. (\$85; [columbia.com](http://columbia.com))

**3. BEST FOR STAYING DRY** Breathable waterproofing in the **Merrell Siren Sport Gore-Tex XCR** blocks wetness while letting moisture escape when you work up a sweat. (\$100; [merrell.com](http://merrell.com))

—Natalie Gingerich

LEFT: ILLUSTRATIONS BY BROWNBIRD DESIGN; RIGHT: PHOTOGRAPH BY JOHN LAWTON; PROP STYLING BY SARA WACKSMAN FOR JEDROOT; BOTTOM LEFT SOURCE: EUROPEAN SOCIETY OF CARDIOLOGY 2009 CONFERENCE

