

Show Your Sole

Published: Jul 5, 2016 8:00:00 AM South Africa Standard Time

Help us put shoes on the feet of 15 000 people in need for Mandela Day (and break a world record!)

300 million people estimated worldwide have to walk barefoot. *Have to.* This is especially dangerous in areas without proper municipal sanitation, leading to diseases such as hookworm and conditions like stunted growth, decreased cognitive development, anaemia and chronic fatigue. Studies show school attendance goes up by 62% once kids have shoes and don't have to walk to school barefoot.

We're attempting to break the Guinness World Record for the longest chain of shoes by collecting 15 000 pairs of shoes. And all the shoes donated will be distributed to those who have to walk barefoot through the [ForGood Network](#).

There are two ways to #ShowYourSole:

1. Collect shoes that are in a good condition that you no longer need and drop them off at the following Momentum or Metropolitan offices. Heels. Flats. Sneakers. Tekkies. Baby shoes. You name it, we need it. Collections close on Monday, 11 July.

Tshwane

o

268 West Avenue, Centurion

	<ul style="list-style-type: none">◦ 1064 Arcadia Street, Hatfield
Johannesburg	<ul style="list-style-type: none">◦ Metropolitan Park, 8 Hillside Road, Parktown◦ Quadrum Office Park, 50 Constantia Boulevard, Constantia Kloof
Cape Town	<ul style="list-style-type: none">◦ Parc du Cap Office Park, Mispel Road, Bellville
Durban	<ul style="list-style-type: none">◦ 1 – 3 Canegate Rd, La Lucia Ridge, Umhlanga◦ 3rd floor, 391 Anton Lembede Street, Durban CBD
Bloemfontein	<ul style="list-style-type: none">◦ 19 Reid Street, Westdene
East London	<ul style="list-style-type: none">◦ 3rd floor, 20 Drury Lane

You can also drop shoes off at [these participating Planet Fitness Clubs](#) in Gauteng.

2. #ShowYourSole on Twitter

- Take a shoefie (a photo of your shoes)
- Tweet your shoefie and tag #ShowYourSole and @MMIHoldings
- We'll donate a pair of shoes for you