

## **May is Foot Health Awareness Month: Part One**

Your feet are used to take baby steps, to walk and to run. No matter what your age, having healthy feet is an important part of good health. Every day you put a considerable amount of stress on your feet, so it is not surprising to feel hurt or develop various aches.

For seniors, there are a lot of different things you can do to keep your feet in good condition. Try some of the following practices:

- Wear good quality running shoes
- Perform gentle exercises such as circular motions or moving feet up and down to improve mobility and circulation
- Use insoles to add cushioning to the soles of your shoes
- Get involved in a walking program → check with your general practitioner

It goes without saying, women's dress shoes were not designed with comfort in mind. However, women can use the following practices to keep their feet healthier and more comfortable:

- Consider shoes with cushioned soles or using insoles to add cushioning to your shoes
- Lower your heel height by even an inch and you will notice a big difference
- Do lots of stretching for your calf muscles
- Slip your shoes off and do some circles with each foot and up and down motions with your toes, while sitting at your work desk, which will allow your feet muscles to relax and stretch.