

Exercise your Feet...



...and walk for life

Exercising regularly is a great thing: it's enjoyable, good for our health, our mind and recommended by medical professionals everywhere. But it does demand a lot of our feet, so we need to take extra care of them. You can look after your feet easily by following these simple rules:

- Condition yourself gradually with stretching exercises before starting any activity and remember to cool down
- Wash your feet every day, and dry thoroughly, especially between the toes
- Wear only good-quality, well-fitting socks
- Always use the correct shoe for each exercise, from walking to running
- Get in shape. Being overweight or out of shape places added stress on the feet
- If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiroprapist. To find one, contact your GP for an NHS referral or visit www.feetforlife.org for a list of private practitioners.

Pavers *Shoes* have teamed up with the Society of Chiroprapists and Podiatrists to promote good foot health. For more information on how to take care of your feet, please see www.feetforlife.org



The Society of
Chiroprapists and
Podiatrists

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