

+ KEEP THEM HAPPY +
KEEP YOU HEALTHY +

Your feet are your foundation, so making comfort a priority could help support your goal to Move More.



Healthy For Good™

Use these tips to keep them healthy so you don't get sidelined by a pain in the foot.

GET COMFY:

As much as possible, wear supportive, comfortable shoes that fit well.

KNOW YOUR FEET:

Keep an eye out for blisters, cuts, sores, swelling, and tenderness.

TAKE A STAND:

Alternate periods of sitting, standing, and moving throughout the day.

LIGHTEN UP:

Maintain a healthy weight to stay light on your feet, knees and body.

CROSS TRAIN:

Mix in different activities to avoid repetitive impact – take a chance on something fun!

BEFORE AND AFTER:

Include your feet, ankles, calves and knees in your warm up and cool down routines.

GET SUPPORT:

Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

Nationally supported by



EAT SMART ADD COLOR MOVE MORE BE WELL

Learn more ways to add activity to your routine at
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)