

+ KEEP THEM HAPPY +  
KEEP YOU HEALTHY +

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



American Heart Association.

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.