



Get Walking for your Foot Health!

Always check with your doctor before beginning a new exercise regime.

Walking is one of the best exercises for your feet because it contributes to circulation, helps maintain weight control and promotes overall health.



“Walking is such a beneficial exercise, but unfortunately the feet are often ignored,” says President of the American Podiatric Medical Association (APMA) Dr. Lloyd Smith. “We want walkers to know that simply wearing the proper walking shoe can help curtail needless foot pain.”



Protect your feet with comfortable, well-fitting shoes. Never buy shoes that do not fit, expecting they will stretch with time. Consider trying on shoes at the end of the day when your foot is at its largest. And use the socks or stockings you intend to wear with that shoe.

If you have diabetes there are several other precautions you should take.

- All diabetics should get regular (at least twice yearly) foot exams by their health care provider. This includes a monofilament test to check sensitivity.
- If you have diabetes, check your feet every day. Inspect the top, sides, soles, heels and between the toes. If you can't see your feet, use a mirror to check them. Report sores, blisters, bruises, cuts or areas of redness.
- Wear socks and shoes at all times to protect the feet from injury.

