

Happy Feet: 10 Tips For Maintaining Healthy Feet



The human foot is a marvel of biomechanical engineering that most of us take for granted until the system fails or breaks down. The average person will walk the equivalent of twice around the world in a lifetime, which is a long time on your feet.

Podiatrists offer the following tips for maintaining healthy feet and avoiding complications.

10 Tips to Maintain Healthy Feet

1. Inspect your feet regularly and pay attention to changes in color, texture or appearance.
2. Maintain good foot hygiene, including washing and drying between the toes.
3. Hydrate the skin. Hot weather and open shoes can cause rapid loss of moisture from the skin and may result in cracking or the formation of fissures. It is helpful to replace the moisture content by using lotions or creams on a regular basis.
4. Buy proper-size shoes. You may not wear the same size in shoes made by different manufacturers. Purchase new shoes late in the day, when feet tend to be at their largest. Always buy the shoes that feel the best.
5. Don't ignore foot pain. Symptoms that increase or do not resolve within a reasonable period of time need to be evaluated by your podiatric physician.
6. Cut toenails straight across. Never cut into the corner - this could cause an ingrown toenail. Gently file away sharp corners or rough edges with an emery board.
7. Exercise. Walking is a great way to keep weight under control and is an excellent conditioner for the feet. Be sure to wear appropriate athletic shoes when exercising.
8. Alternate your shoes each day. Since the feet have sweat glands, your shoes will absorb moisture from your feet, so it is important to allow your shoes to dry out completely.
9. Avoid walking barefoot to help protect your feet from injury and infection.
10. Put sunblock on your feet while wearing sandals during the day to avoid sunburn.

5 Quick Exercises You Can Do at Your Desk

1 - Side Stretches

To help whittle your waist and keep your spine aligned and supple, side stretches are excellent exercises to do at your desk. With your arms raised over your head or akimbo with your hands on your hips, lean gently over to each side as far as you can safely go. Please use caution if your chair is unstable or if it is on wheels. You can do this a few times on each side at several times throughout the day.

2 - Arm Raises

In order to help protect against carpal tunnel syndrome, poor circulation, and weight gain, you should do arm raises several times a day. There are different methods of doing these simple exercises: raising your arms straight over your head, raising them to the sides, or even behind you. Each method works a different set of muscles, and all will temporarily increase your heart rate, keeping your metabolism revving.

3 - Butt Squeezes

The easiest exercise that you can do at your desk is butt squeezes. You can even do them while you are on the phone or typing up a report. Simply squeeze and release your buttocks muscles several times. This is the number one exercise that will help prevent "office chair spread" of your hindquarters.

4 - Leg Lifts

Of course, these are not the type of leg lifts that have you lying down on the floor and swinging your legs around. At your desk, you can easily straighten your knees and lift your legs out in front of you. You can also march with your feet in place. This will exercise the large muscles in your legs. For easy calf exercises, you can raise your feet up on the toes and lower them. Be sure to use your muscles when you do these exercises for maximum effect.

5 - Stress Relievers

Gently stretching your neck, or rolling your head around, will reduce neck and upper back stress. Lifting your arms in front of you and bending your hands up and down at the wrist will help to relieve the stress of typing and help prevent carpal tunnel syndrome.

Roasted Asparagus

Roasting asparagus is quick and delicious. Try this roasted asparagus recipe and you may never cook asparagus any other way again.

- 2 pounds asparagus
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

Heat oven to 475 degrees F. Gently toss asparagus on sided cookie sheet with oil, salt and pepper to combine.

Roast about 20 minutes, or until browned in some areas and fork-tender.

