

# Healthy Feet for a Happy Summer

\*The average person takes about

**3 to 4k** steps per day

That's over **1,000,000** steps per year!

With summer approaching, here are some tips to keep your feet healthy and on their toes:

- Avoid walking barefoot to prevent cuts, sores, sunburn, athlete's foot, plantar warts, ringworm and other infections.
- Wear flip-flops or water shoes at the beach, lake or pool. Don't forget to bring an extra pair of shoes in case they get wet!
- Dry your feet, including between your toes, after leaving the water. Make sure your shoes are dry, too.
- Stay hydrated by drinking water throughout the day.
- Wear sunscreen on all skin that is exposed to the sun, including your feet. Reapply every two hours.
- Keep blood flowing when active in the sun by doing movements like toe wiggles, calf stretches and ankle flexes.
- Take short breaks from the outdoors in a cool environment. Prop your feet up to help reduce any swelling.

Stock up at home on the following items or pack with you on vacation to protect your feet!



Sunscreen to protect your feet from getting sunburned



Blister pads to protect your feet from getting blisters



Bandages for minor cuts



Nail clippers to keep your toenails trimmed



Flip flops for the pool, beach and hotel



Aloe vera to relieve sunburns