

Keep your feet happy and healthy

If you're like a lot of people, your day begins when your feet hit the floor. Whether you're heading on a run or just dragging yourself to the coffee maker, it's a good idea to take care of your feet. Eighty percent of people experience foot problems some time in their life. Yet there are simple ways to keep your feet healthy, from basic hygiene to wearing the right shoes.



Photo above by FatCamera, below by FotoKita, courtesy iStockphoto

Quick facts, healthy feet:

1 There are a variety of problems you can have with your feet. They include toenail issues, too much foot odor, and pain on the heel or ball of a foot. So don't feel alone if you have some foot issues.



2 Experiencing pain on the bottom of your feet is not uncommon. One of the main ways to prevent and treat that is to wear better shoes.

3 Shoes are important to foot health. Your shoes need to fit right and need to be replaced when they start wearing out. Uncomfortable or old footwear can cause blisters, aches, calluses and ingrown toenails.

4 Make sure your shoes aren't too narrow or rub too much against your feet. When your shoes begin to show wear, you should replace them.

5 Even if you wash your feet daily, your feet can still become infected with bacteria. A foot infection can usually be treated with medication bought at a local store. If the problem persists, see your doctor.



>> For more information on foot health, visit www.apma.org