

# Exercise your Feet...



...and walk for life

Exercising regularly is a great thing: it's enjoyable, good for our health, our mind and recommended by medical professionals everywhere. But it does demand a lot of our feet, so we need to take extra care of them. You can look after your feet easily by following these simple rules:

- Condition yourself gradually with stretching exercises before starting any activity and remember to cool down
- Wash your feet every day, and dry thoroughly, especially between the toes
- Wear only good-quality, well-fitting socks
- Always use the correct shoe for each exercise, from walking to running
- Get in shape. Being overweight or out of shape places added stress on the feet
- If you have a problem with your feet, seek advice from an HPC registered podiatrist/chiroprapist. To find one, contact your GP for an NHS referral.



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Chiropodists and  
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