

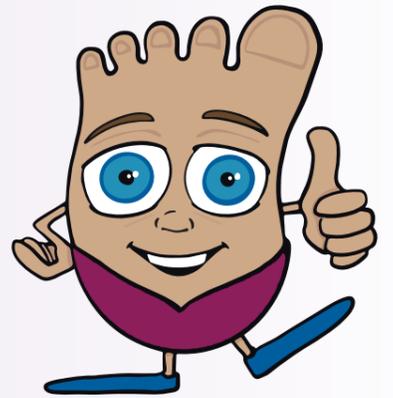
# 5 tips to help you care for your feet

1



## Wear shoes that fit... please!

Our feet perform so much better when they are comfortable and supported in well-fitting shoes. Whether related to ageing, needing more support, or hormonal changes such as pregnancy – it is so important to be professionally fitted before you decide on a pair of shoes.

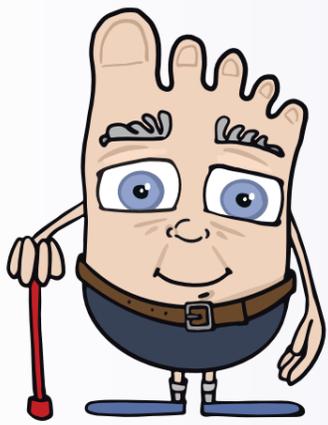


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## Check how your feet “really” are!

It can make a big difference if you check in on your feet to see how they’re faring! Have a look to see if there is any swelling or discolouration in your skin tone, Is there a change in your nails? Spot any dry skin? Keep a watch for any changes to your feet and please see your podiatrist if you see something that looks a little funky or odd.

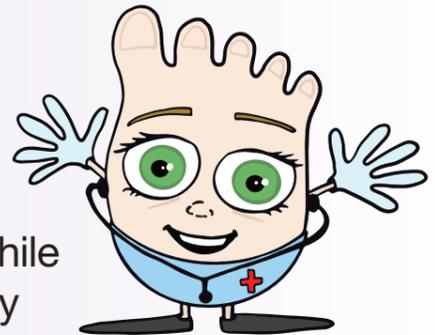


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## Pamper your feet, often!

It's not just about daily foot hygiene to avoid bacterial and fungal infections. Regular foot soaks in warm water with Epsom salts and a touch of peppermint oil can leave you feeling rejuvenated and floating on air. While foot creams and balms deserve to be a part of your daily self-care routine to bring much needed relief to dry skin.



4



## Keep moving, your body will thank you!

The simple act of moving your feet through walking and other exercise helps to lubricate the soft tissue and your joints, which makes it easier to move with ease. This is especially relevant if you sit for hours at a time. It all adds up. Little steps lead to big results when they are carried out consistently and regularly!

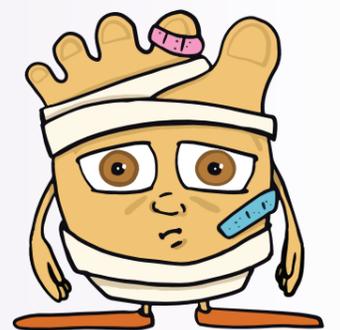


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## Don't wait for pain!

Don't just wait for pain to be the reason you see your podiatrist. See your podiatrist like you see your dentist; often and consistently. Podiatrists can carry out all sorts of testing to identify issues before they become a problem.



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For more foot health tips head to [foothealthaustralia.org.au](http://foothealthaustralia.org.au)

