

FOOT CARE 101



Keeping your feet healthy can help you avoid embarrassing and uncomfortable problems such as athlete's foot, foot odor, and toenail fungus. Follow these steps for healthy feet:

WASH YOUR FEET DAILY WITH SOAP AND WATER.

It's tempting to just swish your feet around in the shower, but today's podiatrists say it's important to use soap to remove germs and grime. Don't forget to wash in between your toes!

KEEP FEET DRY.

Fungus, including the kind that causes athlete's foot, loves to grow in moist, damp environments, so after your shower, dry your feet thoroughly, paying extra attention to the spaces between your toes. If your socks get wet during the day, change socks. (It's not a bad idea to keep an extra pair in your locker or gym bag!)

TRIM TOENAILS INTO A SLIGHT CURVE.

Too-long toenails not only wreck your socks and look crazy, but they can harbor bacteria. Use a pair of toenail clippers to cut your toenails to just above or at the edge of your toe. Some docs will tell you to cut straight across the nail, but a slight curve is OK too.

WEAR SUPPORTIVE, PROPERLY FITTED SHOES.

Improperly fitted, unsupportive shoes are a major cause of foot pain and injury. Don't worry—you don't have to wear granny shoes to get good support. (Want to know more? Skip ahead to "Choosing the Right Shoe.")



DID YOU KNOW?

EACH FOOT CONTAINS 26 BONES, 33 JOINTS, 107 LIGAMENTS, 19 MUSCLES, AND COUNTLESS NERVES AND BLOOD VESSELS.