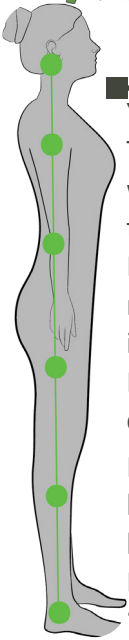




Resident Wellness Newsletter



Happy Feet



Your Foot Health affects your quality of life in ways you may have never even considered. There should be no surprise that your mobility is closely linked to your foot health. As we all know, when our feet are causing you pain, the temptation to stay at home on the sofa can be awfully hard to resist.

Pain is not the only factor to impact our level of mobility. Did you know that your posture can be negatively affected by years of cramming your feet into poorly designed shoes? And, if your posture is affected, your balance also suffers.

Moving into yet another fall and winter season, October is a great time to take our feet into consideration as we make our cooler weather clothing changes.

In Figure 1 (left), we recognize proper posture as is illustrated by the parts of the body “stacking” one on top of the other in a balanced way.

Did you also know that there was such a thing as proper foot “posture” as well? Just like your body needs to be in alignment for optimal balance, your foot should make contact with the floor in a tri-pod, as is shown in Figure 2 (right).

Figure 1

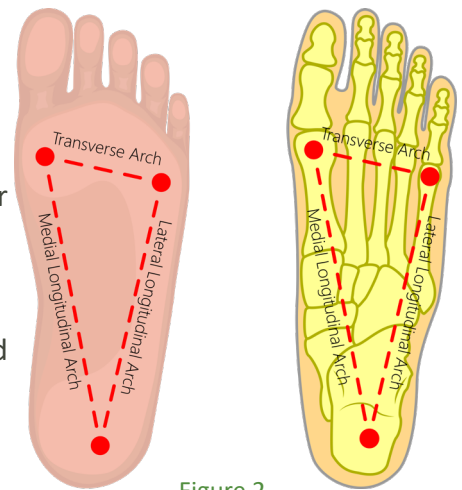


Figure 2

Because many of us spent our younger years cramming our feet into shoes that did not support the proper alignment of our feet, our feet have suffered the painful effects of improper fit. Perhaps even more importantly as we age, that lifelong habit of scrunching our feet into ill-fitting shoes also dramatically impacts our ability to balance. If our feet are not striking the ground in the tri-pod position, we are, quite literally, not standing on solid ground.



Just as the rest of our bodies benefit from daily exercise, our feet can use daily stretching and strengthening as well. One of the best things you can do for your feet is spend some time each day, rolling your foot back and forth over a tennis ball. As in normal stretching, you should never experience sharp pain while rolling your feet. There are many small bones in the feet that can easily be damaged by excessive pressure, so we always recommend that you remain seated while performing these exercises to avoid putting too much pressure on the foot.

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