

# April is Foot Health Month

*Coastline's Nutrition Monthly Newsletter*



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## FOOT FACTS:

- There are 52 bones in both feet.
  - There are 107 ligaments, 26 bones, 19 muscles, and 33 joints in each foot
  - 50% of people aged 70 and older have foot pain
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## Your Feet Are Your Foundation

Did you know the average person will walk 115,000 miles in their lifetime? Many of us may not think twice about taking care of our feet, but if your feet are in pain it can lead to hip, knee, and back issues. Our feet also widen, flatten and have fat padding loss on the soles of the feet as we age. Here are some tips to help improve your foot health.

1. Check your feet daily and look for cracks, peeling, or dry skin. If a cut is deep enough, it could lead to a bacterial infection known as cellulitis, so moisturize daily!
2. Dry your feet after showering and in between your toes to avoid fungal infections.
3. Keep the blood flowing! Throughout the day, get into the habit of doing ankle flexes, toe wiggles and calf stretches. Stretching will keep the muscles strong and avoid injury.
4. Maintain a healthy weight through diet, and exercises such as walking, stationary bike, or treadmill. Excess weight puts pressure on the feet leading to general foot pain, heel pain, stress fractures, circulatory problems and arthritis.
5. Talk with your physician or podiatrist if you have any concerns.