



*Use these tips to keep your feet healthy so you don't get sidelined by a pain in your foot.*

**CROSS TRAIN**  
Mix in different activities to avoid repetitive impact.

**BEFORE & AFTER**  
Include your feet, ankles, calves and knees in your warm up and cool down routines.

**GET SUPPORT**  
Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

**KEEP THEM HAPPY**  
**KEEP YOU HEALTHY**



**KEEP THEM HAPPY**  
**KEEP YOU HEALTHY**

*Your feet are your foundation, so make comfort a priority and help support your goal to **MOVE MORE**.*

**GET COMFY**  
As much as possible, wear supportive, comfortable shoes that fit well.

**TAKE A STAND**  
Alternate periods of sitting, standing, and moving throughout the day.

**LIGHTEN UP**  
Maintain a healthy weight to stay light on your feet, knees and body.



*Your feet are your foundation, so make comfort a priority and help support your goal to **MOVE MORE**.*

**GET COMFY**  
As much as possible, wear supportive, comfortable shoes that fit well.

**TAKE A STAND**  
Alternate periods of sitting, standing, and moving throughout the day.

**LIGHTEN UP**  
Maintain a healthy weight to stay light on your feet, knees and body.

**KEEP THEM HAPPY**  
**KEEP YOU HEALTHY**

**KEEP THEM HAPPY**  
**KEEP YOU HEALTHY**

*Use these tips to keep your feet healthy so you don't get sidelined by a pain in your foot.*

**CROSS TRAIN**  
Mix in different activities to avoid repetitive impact.

**BEFORE & AFTER**  
Include your feet, ankles, calves and knees in your warm up and cool down routines.

**GET SUPPORT**  
Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

