

+ KEEP THEM HAPPY +
KEEP YOU HEALTHY +

Your feet are your foundation, so making comfort a priority could help support your goal to Move More.



American Heart Association®
Healthy for Good™

Use these tips to keep them healthy so you don't get sidelined by a pain in the foot.

GET COMFY:

Wear supportive, comfortable shoes that fit well as much as possible.

KNOW YOUR FEET:

Keep an eye out for blisters, cuts, sores, swelling and tenderness.

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

CROSS TRAIN:

Mix in different activities to avoid repetitive impact. Take a chance on something fun!

BEFORE AND 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.