

KEEP THEM HAPPY

Your feet are the foundation. Make their comfort your priority, and support your goal to **MOVE MORE**.

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

GET COMFY

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

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.



American Heart Association®

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