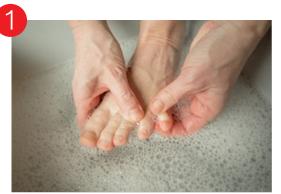
## Special Olympics **Fit Feet**





## **HEALTHY FEET ARE VERY IMPORTANT**



Wash your feet with soap and water.



Dry your feet and between all your toes thoroughly.



Check your feet for sores, redness, or unrecognized spots.



Clip your nails once a month or file your nails weekly.

## Additional Comments:



Use moisturizer to prevent dryness.



Wear clean shoes and socks every day to protect your feet.

Images 1,2,3,4,5,6,8, and 9 were provided by Special Olympics Germany to help produce this information sheet.

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Make sure your shoes fit well. Below are some things to consider:

- Shoes do not pinch/restrict movement. You should be able to wiggle your toes.
- Shoe edges should not be worn out on edges, heels, or toes.
- Shoes you are using match your activity.



Keep up these habits to ensure you have FIT FEET.



If you're having problems with your feet: call your foot specialist and make an appointment today!

For additional information please visit the Fit Feet MyHealth page at: <u>www.specialolympics.org/our-work/inclusive-health/my-health/fit-feet</u>

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