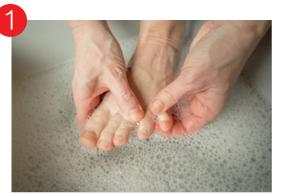
Special Olympics **Fit Feet**





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.

The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise. This resources was supported by cooperative agreemnet #NU27DD000021 from the U.S Centers for Disease Control and Prevention (CDC). Its contents are the responsibility of Special Olympics and not necessarily represent the views of the CDC.

Special Olympics **Fit Feet**







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>

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

The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise. This resources was supported by cooperative agreement #NU27DD000021 from the U.S Centers for Disease Control and Prevention (CDC). Its contents are the responsibility of Special Olympics and not necessarily represent the views of the CDC.