



HEALTHY FEET ARE VERY IMPORTANT

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Wash your feet with soap and water.

2



Dry your feet and between all your toes thoroughly.

3



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

4



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

5



Use moisturizer to prevent dryness.

6



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

Additional Comments: _____



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photo from - <https://www.kaizenchiro.org/post/replacing-your-tennis>

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.

8



Keep up these habits to ensure you have FIT FEET.

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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:
www.specialolympics.org/our-work/inclusive-health/my-health/fit-feet