

# 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®

Hard Hats with Heart™

[heart.org/movemore](http://heart.org/movemore)