

Walk **NEBRASKA**

Keeping Your Feet Happy

Walking is a great way to stay healthy, but it does put some pressure on your feet. If you're a walking enthusiast make sure your feet are ready for the challenge!



No matter how comfortable your walking shoes, your feet may require some extra support. A pair of cushioned insoles made with gel-like materials will help provide support for your instep and balls of your feet. Make sure you purchase a pair that are thick but still give your feet plenty of room to breathe, and take them out of your shoes when not in use.



Wear clean, comfortable and well fitting socks. Those made of white cotton, or other breathable materials are preferred. Thick, soft socks help draw moisture away from the feet. Use foot powder or cornstarch each time you change your socks to keep feet feeling and smelling fresh.



Wash feet thoroughly each day. Use a nailbrush on toenails. Rinse well, then dry thoroughly, being certain to dry the area between toes. After drying your feet, inspect for cuts and blisters, sores, redness, or dryness, tenderness or loss of sensation. See your doctor, if foot problems persist.



When needed, trim toenails straight across. Do not cut too short, cut out, or dig at corners. Smooth nails with an emery board or nail file using special care near the corners of the nail.



Feet have a tendency to be dry and cracked. Use a moisturizing foot cream or body lotion daily to help your feet stay soft and pliable.



A long walk can put extra stress on your feet and ankles, so a soothing, relaxing foot bath can help melt the stress away. To make an exquisitely soothing footbath, fill a plastic tub with pretty marbles. Add bath salts and/or essentials oil and warm water. Soak your feet, rolling and pushing them gently over the marbles. Give feet a workout by picking up the marbles with your toes and then dropping them back in to the water.

Your feet are important! Proper care will help keep them both healthy and beautiful.

Source:

<http://health.howstuffworks.com/wellness/beauty-hygiene/how-to-care-for-your-feet.htm>

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Know how. Know now.



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