



## Health Advice

# Healthy Feet

### We like healthy feet

We use our feet every day; they carry us through life. Yet we rarely give them our full attention. Our feet sometimes have a significant impact on our health and well-being: not only because sore feet are extremely unpleasant and restrictive, but also because problems with your feet can quickly spread to other parts of the body and lead to knee, back or neck pain.

Here are a few simple tips on how you can do something positive for your feet on a regular basis.

### Foot exercises

It doesn't matter whether you tend to sit, walk or stand at work: exercise is important for healthy feet, ideally with targeted foot exercises. They strengthen the muscles and relieve tension. Try this out: circle your feet in all directions. With the toes of one foot, pick up a small hand towel or an unfolded paper tissue from the floor and then switch sides. Place a newspaper page on the floor in front of you and first try to crumple it up with both feet and then unfold and uncrease it back on the floor.

### Well cared for

Treat your feet to regular footbaths in lukewarm water, which relaxes your feet and your whole body at the same time. Calluses are best removed directly after the footbath using a pumice stone. Apply a generous amount of moisturising cream to your feet afterwards to keep your skin supple and resistant. Always keep your toenails short so that no unpleasant germs or dirt can collect under the nails. Important: always cut toenails straight and shape the corners lightly using a nail file to prevent ingrowing toenails.

### A summer feeling for your feet

Freshly cared for and airy in sandals: our feet like to get some fresh air during the summer months, if the workplace allows it. Whenever possible, take your shoes off completely in your free time. Walking barefoot is particularly good for our feet: different types of surface train the fine muscles in our feet and stimulate the soles of our feet

### The right footwear

Not all stylish shoes are also good for our feet, because our footwear has a significant impact on our foot health. When buying shoes, make sure they fit well. Always have your feet professionally measured so that you choose the correct shoe size. And choose shoes made of a breathable material such as leather, instead of plastic, which ensures a healthy environment for your feet. Orthopaedic insoles can help with abnormal foot positions.

### What should you do if you have problems with your feet?

Persistent pain should always be examined by a doctor. However, you can also treat some foot complaints yourself: creams or sprays from the pharmacy help combat athlete's foot. Antibacterial foot deodorants help against unpleasant smelling feet. Blister plasters relieve pressure pain in closed shoes. And swollen feet in summer enjoy cooling gels and a rest period during which they are elevated or gently massaged.