

CARE AND TRAINING TIPS FOR OUR FEET

TO ENSURE THAT THEY CARRY US FOR MILES AND MILES

Our feet accomplish a lot. They carry us throughout our lifetime! As long as everything is OK, we rarely give them enough attention and care. We start paying attention when there are problems. Many of those problems can be avoided with regular care and training.

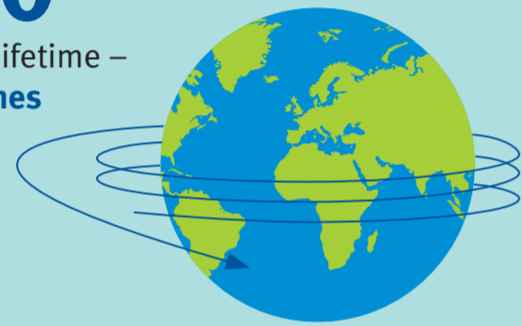
Heavy-duty work

In the course of one day, our feet carry loads of up to **1,000** tonnes.

On average, a person walks around

120,000

kilometres in his/her lifetime – that is equal to **3.2 times** around the earth.



For an explanatory video on foot care and more information, see our online magazine: mehr.bghw.de/fusspflege



How to keep your feet fit



1. Stand on one leg

On soft ground or sand, stand on alternate legs for 20-30 seconds each. This strengthens your ankles.



2. Heel lift

Lift your heels and try to stay on the tips of your toes. This becomes more demanding when done on one leg or on unstable ground.



3. Spread your toes

Train the arch of your foot by carefully pulling your toes apart to the side.



4. Outer and inner edge

Stand on the outer edge of your feet for 20-30 seconds. Next, try to walk only on that edge. Repeat on the inner edge – perfect while brushing your teeth!



5. With small aids

Fun exercises for strong feet:

- Use your toes to pick up pencils.
- Crumple up a towel with your toes.
- Roll a ball under your foot for 20-30 seconds. Then switch to the other foot.

Complex structure

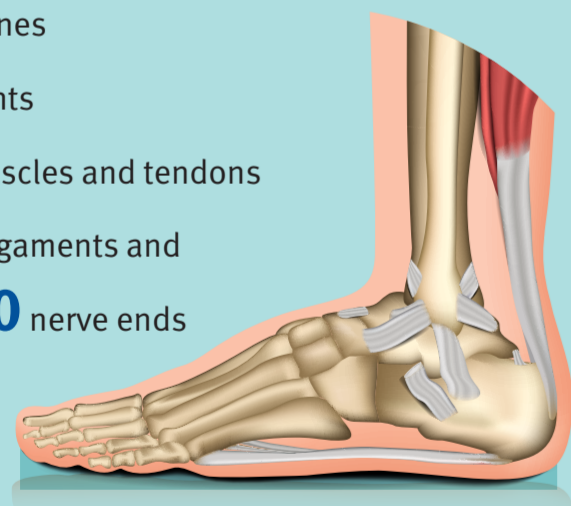
26 bones

27 joints

32 muscles and tendons

107 ligaments and

1,700 nerve ends



How to properly care for your feet



• **Nails:** File your toenails once a week to avoid ingrown nails. Do not cut them too short. This protects the nail bed and prevents the nails from becoming thicker and more brittle.



• **Calluses:** Reduce calluses with foot cream or have them removed professionally. But don't remove too much, as feet need a protective layer.



• **Corns:** Avoid wearing shoes that are too tight or have high heels to prevent pressure and friction. Tinctures and corn plasters are the treatment options.



• **Inflammation:** In the event of slight inflammation, treat the area with a soapy foot soak and anti-inflammatory products.



• **Medical pedicure:** If you find it difficult to care for your feet yourself, you should visit a podiatrist regularly.



• **Diabetes:** Diabetes patients have an increased risk of foot problems. Remember to consult your doctor.



• **Swollen feet:** A cool foot soak, foot gymnastics, massage, regular application of cream and propping them up help swollen feet.

More information

Feet are stressed by many external influences in the course of a lifetime:

- **Uncomfortable shoes**
- **Stress in professional life**
- **Extreme sport**

In old age, the foot musculature shrinks and weakens. If your feet are not OK, this can impact the entire body.