

Holiday Hints

Maintaining Holiday Foot Health

(NAPSA)—Finishing your shopping, attending parties and dealing with other holiday responsibilities is no small feat—especially when you have foot pain. Yet doctors say thousands of Americans walk around with foot pain every day—especially during the holiday season.

These tips from the American Podiatric Medical Association can help you stand tall under the mistletoe:

Take A Shine To Shoes

People take about 10,000 steps a day, putting an enormous amount of pressure on their feet. However, some popular shoe styles don't give feet the support they need (or deserve). Fortunately, comfort shoe brands such as Aravon have caught on to this problem and now make shoes that meet people's foot care needs and fashion wants.

If The Shoe Fits...

Just as important as what shoe you wear is how well that shoe fits. Make sure your shoes are not too short. Look for brands like Aravon that offer extensive sizes and widths, as well as innovative comfort technologies. When standing, your shoe should be a thumb's width longer than your big toe.

A Weighty Issue

If you are carrying heavy packages, distribute them evenly to avoid undue stress on the feet and to maintain balance. That can save your feet and your back.

Kick Your Feet Up

A day of shopping can make some people's feet swell. Give them a rest (and reduce swelling) by sitting back and elevating the feet and legs.

Don't Sweat Cold Feet

If your feet are cold when com-



Be sure to wear comfortable, properly fitted shoes when holiday shopping.

ing in from the outdoors, warm them gradually by putting on dry socks and shoes. Never use hot water or heating pads to warm the feet.

Skinny On Dry Skin

Excessively dry, cracked foot skin is a common problem during holiday months. Use moisturizers to avoid cracking—especially around the heels, where cracking sometimes leads to bleeding and infection.

Sock It To 'Em

The right socks can help keep your feet dry and warm. Look for cushioned, cotton socks designed to whisk moisture away from your feet.

For more information, visit www.apma.org or www.aravonshoes.com.