

Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



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20 Hacks to Keep Your Feet Happy and Healthy in the New Year

At this time of year many of us strive to eat less sugar, exercise more, and start a meditation practice. But what about our feet? Our feet would be far happier if we paid as much attention to them as we do the rest of our body. Here are 20 hacks to keep your feet happy and healthy in the New Year.

Daily Foot Care

- Wash and dry your feet and toes, especially between your digits.
 - Moisturize your feet to prevent them from cracking. Avoid the spaces between your toes.
 - Use over-the-counter inserts or custom orthotics if recommended by your podiatrist.
 - Wear socks that wick away moisture. I recommend SmartWool Trekking Heavy Crew Socks for hikers and SmartWool PhD Running Socks for runners.
- Avoid wearing the same pair of shoes each day-- it's important to let your shoes dry out, particularly if you sweat heavily.
 - Wear flip flops or other shoe gear in public showers to avoid toenail fungus and other infections.
 - People who fly frequently, work on their feet, or have poor circulation can benefit greatly from wearing compression stockings.

(over)

Salmon Baked in Foil

Start a new, easy habit. You can throw this delicious dinner together in a snap.

- 4 salmon fillets (about 5 ounces each)
- 2 tps olive oil for salmon/And 2 tbsps for the topping
- Salt and freshly ground black pepper
- 3 tomatoes, chopped or 1 14 oz can of chopped tomatoes, drained
- 2 chopped shallots
- 2 tps fresh lemon juice
- 1 tsp dried oregano
- 1 tsp thyme



1. Preheat the oven to 400 degrees.

2. Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.

3. Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture and seal the packets closed. Place on a heavy large baking sheet. Repeat with all fillets. Bake until the salmon is just cooked through, about 25 minutes.

Source: Food Network: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/salmon-baked-in-foil-recipe-1914818>

Toenail Care

- Trim your toenails straight across every 2 weeks; if you can't reach your feet, can't see well, or if you have diabetes—[see your podiatrist](#).
- Sterilize your nail clippers periodically by putting them in alcohol.
- See your podiatrist if your nails have changed color. This could indicate an underlying medical condition such as onychomycosis or [fungal toenails](#).
- Want to polish your toenails? It's best to do it yourself using a toxin-free nail polish like [Dr.'s Remedy](#). If you go to a nail salon don't let them trim your cuticles and be sure they are sterilizing their tools.

Daily Foot Inspection

While a daily foot inspection is essential for those with diabetes, no matter what your health situation don't ignore changes to your feet.

- Check your feet regularly for bumps, blisters, and bruising
- Check for cuts, sores, and cracked skin—sores and cracks can become infected
- Temperature differences can indicate decreased blood flow
- Pain and tingling which can be signs of neuropathy
- Pain and redness where the nail meets the toe can indicate an ingrown toenail

Shoes

- Be sure your shoes fit. Many adults experience an increase in shoe size due to an increase in weight and other factors. The next time you buy a pair of shoes be sure to get your feet measured.
- Shoes should have non-slip soles to prevent falls (look for shoes that have been tested to be sure).
- Avoid high heels, flat shoes with no arch, and flip flops for long walks.
- [Test your shoes before you buy](#) them to ensure they'll provide enough support.

Setting Intentions for the New Year

2020 has arrived and if you look around, you'll see people setting New Year's resolutions for themselves. But you might feel a little skeptical. You've already set resolutions for yourself in the past, only to be greeted with failure and disappointment. You're not alone either. Surveys have shown that [80% of people don't fulfill their New Year's resolutions](#). Maybe it's time to try something different. Instead of setting a resolution, try setting a New Year's intention.

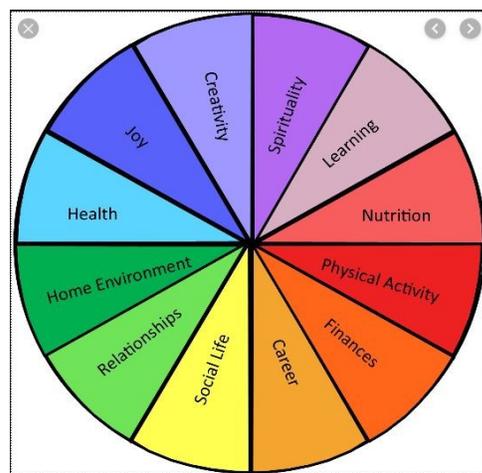
So what's the difference between an intention and a resolution?

Setting a resolution is often related to external goals. It's usually accompanied by a grand statement that everything will change. An intention is a guide for identifying your core values and using them to design the life you want to lead and to become the person you want to be.

Do you want to live more deliberately by spending more quality time with yourself and your loved ones? Maybe you want to live more eco-consciously by starting a garden, recycling more, or planting trees.

An intention will help you make that new identity and way of living a reality. Giving voice to that intention will help you to manifest it. Begin by taking a look at the Wheel of Life above. Many life coaches use a similar wheel to help their clients identify areas of their life where they want to develop. Consider two or three areas where you'd like to set an intention. Perhaps you want to expand your social life. Take baby steps. What are your interests? Art, bridge, cooking? An example intention could be, "I intend to take an art class this year in order to meet more people." Give it a try!

Adapted from article by: Whitney Gordon-Mead, MSc (<https://thriveglobal.com/stories/how-new-years-intentions-can-help-you-beat-burnout/>)



Wheel of Life