

We Love To Run!



FOOT AND ANKLE CENTER OF LAKE CITY





Running is good
for your health!

START

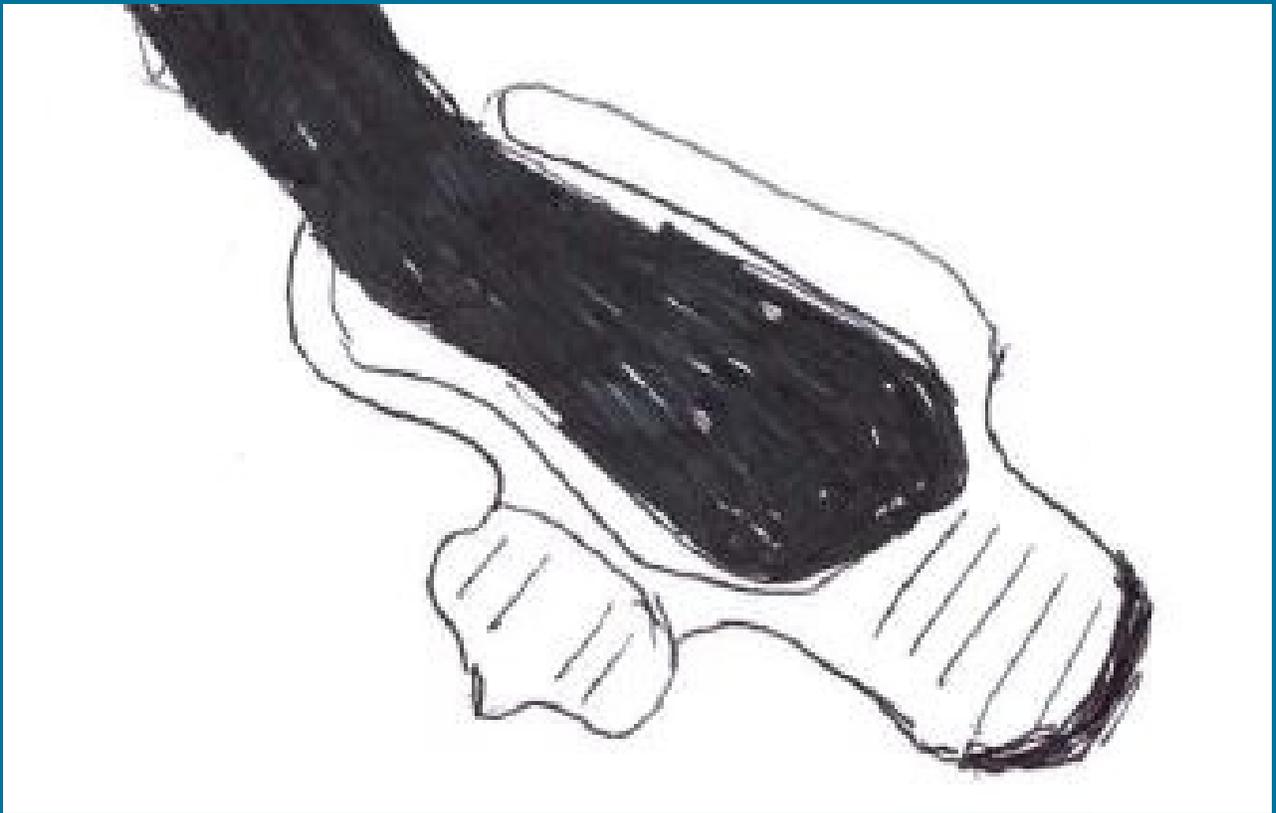


Running in a race can be
challenging and fun!



It's important to wear running shoes that fit right!

When you go to buy shoes get your feet measured.



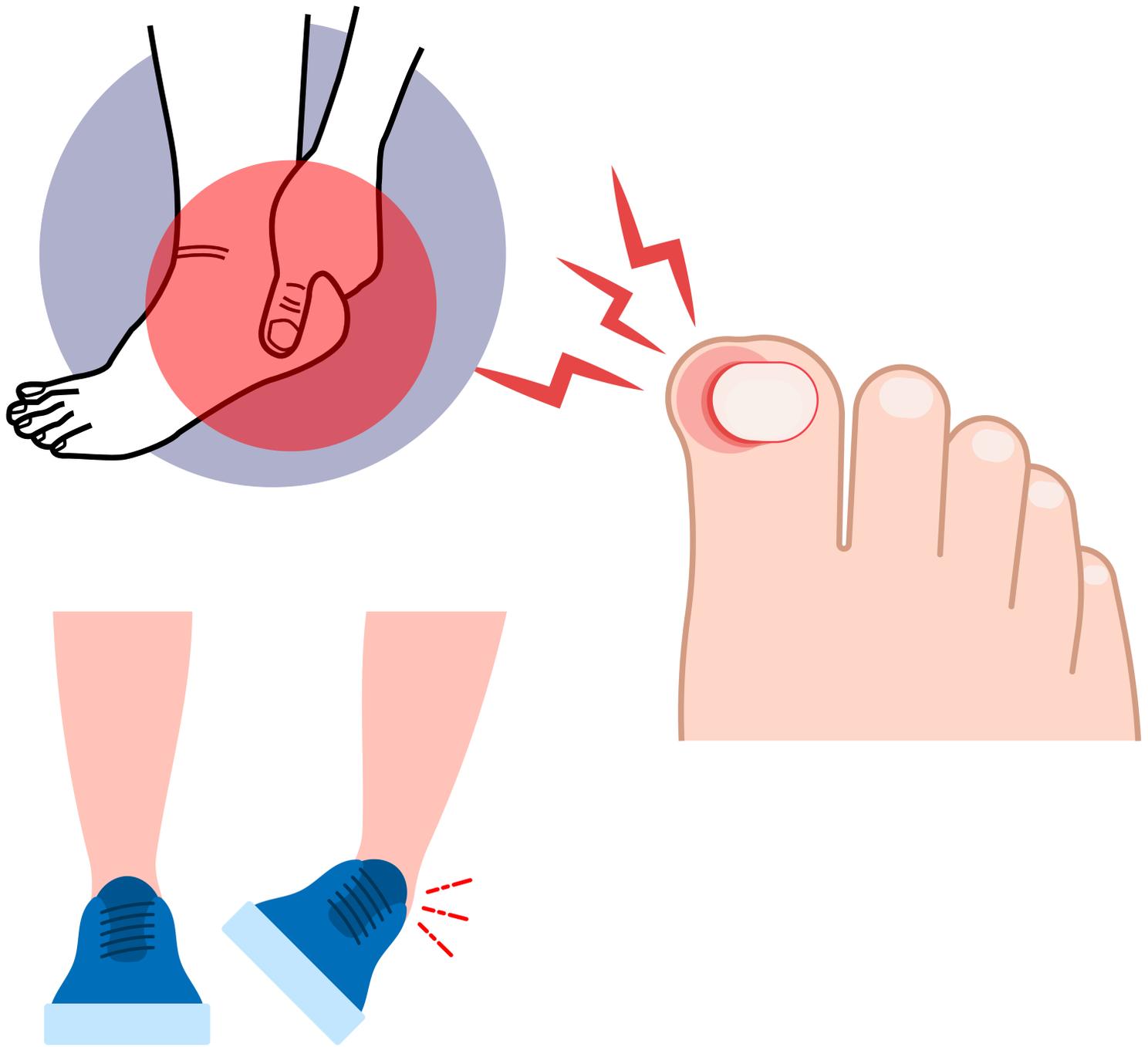


Walking fast is a good way to warm up for running.

Stretching
after
running



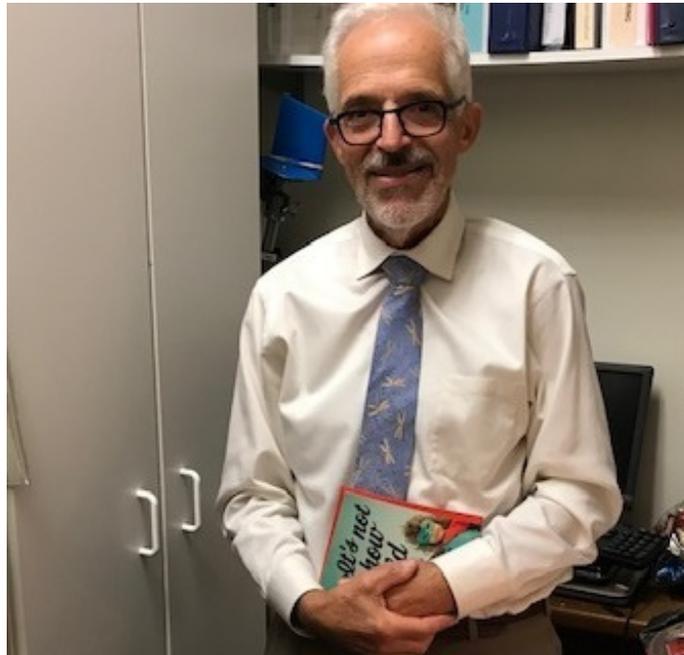
is important
for your
health.



If your foot or ankle hurts,
stop running and tell an adult.

If you hurt your foot or
ankle, a doctor can
help you feel better.





Dr. Rion Berg

If your child has foot or ankle pain, call our office at 206-368-7000 to make an appointment.

www.bergdpm.com