



Try orthotics or shoe inserts for additional support, comfort and pain relief from common foot, back and knee issues.

GET SUPPORT

Include your feet, ankles, calves and knees in your warm up and cool down routines.

BEFORE & AFTER

Mix in different activities to avoid repetitive impact.

CROSS TRAIN

Use these tips to keep your feet healthy so you don't get sidelined by a pain in your foot.

KEEP THEM HAPPY
KEEP YOU HEALTHY

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Your feet are your foundation, so make comfort a priority and help support your goal to **MOVE MORE**.

GET COMFY

As much as possible, wear supportive, comfortable shoes that fit well.

TAKE A STAND

Alternate periods of sitting, standing, and moving throughout the day.

LIGHTEN UP

Maintain a healthy weight to stay light on your feet, knees and body.



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