



Fit Feet



Foot Care Checklist

- Check your feet daily for blisters, cuts, or sores. Use a mirror if you're having a hard time or ask for help!
- Wash your feet daily. Use warm water and check to make sure it isn't too hot. Dry your feet well, don't forget between the toes!
- Lotion the tops and bottoms of your feet. Skip between the toes, because this may cause infection.
- Try not to walk barefoot. Wear clean socks with shoes that fit well.
- Replace worn out shoes as soon as possible. If there are any rips or holes in them, or the bottom looks worn out, it is time for new ones.
- Trim toenails properly, straight across if possible and not too short! File the corners and sides.
- Before putting on shoes, check and shake them over a wastebasket to make sure there aren't any pebbles or anything that could hurt your feet.



Remember healthy feet are happy feet!

