

NEW MEXICO FOOT &
ANKLE INSTITUTE

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NEW MEXICO
Foot & Ankle
INSTITUTE

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FLIP-FLOPS SHOULD BE PAINLESS

It's easy to understand why we all love flip-flops: They're cute and comfy, keep your feet cool in warm weather, and are great for showing off that fabulous pedicure you just got. But no matter how much you adore your flip-flops, sometimes they can lead to sore feet or even severe injury.

The secret to safely enjoying flip-flops through summer is finding the right style. Some styles of flip-flops may cause blistering and pain, increasing your risk of injury in certain situations. The American Podiatric Medical Association offers these tips

on how to buy a pain-free pair of flip-flops:



- Look for high quality, soft leather, which will minimize the risk of blisters and other skin irritations. Vinyl or rubber styles are more likely to rub your foot the wrong way.
- Choose a flip-flop with soles that bend at the ball of the foot.
- The thong part of the flip-flop should fit comfortably,

neither too loose nor too snug. Straps that are too tight could cause blisters. Too loose straps may result in you losing the shoe at a critical moment.

- Your foot should fit perfectly on the sole. Your heel should not hang off the back, nor your toes off the front.
- Dispose of worn flip-flops no matter how much you love them. Old shoes lose their ability to support and protect your feet, and it's easy to find a new pair to replace old ones.



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PREPARE FOR SUMMER FUN

The sun is shining longer every day, telling you that it's time to get ready for vacations, activities with family and friends, and, of course, swimsuit season. To help you prepare, here are some simple fitness tips you can follow to look and feel great this summer:

- Stay hydrated. Drinking water helps flush your system.
- Swimwear, shorts and dresses show off the legs, so be sure to target that area. Do squats and lunges to help tone the thighs and glute area.
- Eat plenty of fiber. Remember you can get fiber from many different foods, including delicious summer fruits such as raspberries, blueberries and strawberries.
- Wear the right footwear. You don't want your workout routine halted by injuries or soreness in your feet or legs.
- Add weights to your workout routine. They don't have to be heavy to help trim and tone your muscles.

- Keep up the workout, even while on vacation. Add a little variety to the routine with yoga or a jog along the beach. Time your workouts in the morning so you can enjoy the rest of your day.
- As always, be sure to exercise responsibly and consult with a fitness expert to ensure you use proper form.



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