Exercise Those Tootsies

Easy ways to put your best foot forward

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The feet are an important part of our bodies. This body part helps us walk, run and perform many other activities. What's more, just two bones in each foot are responsible for supporting most of our body weight, which is why it's important to keep the feet strong and healthy.

Need to improve foot flexibility and mobility? Start by sitting up straight in a chair, with your feet flat on the floor. Next, bring the left foot to rest on the right thigh and use your fingers to gently stretch the big toe up, down and to the side for 5 seconds. Do 10 repetitions before you switch to the next foot.

If you love being active outdoors, try walking barefoot on sand for as long as possible to strengthen your feet. Increase distance slowly to avoid overexerting the muscles.

Such exercises can help reduce pain and discomfort as well as minimize injury.

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