Put Your Best Foot Forward

Tips for maintaining your tootsies

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- Regularly examine your feet, and pay attention to any changes in how they look or feel.
- Treat yourself to regular pedicures at home; if you can afford to splurge, then visit a nail salon—but bring your own pedicure tools.
- Regularly eliminate thick, dead skin that can build up on your feet. These calluses usually form on the heel, ball and sides of the feet. Soak feet in warm water then use a pumice stone, exfoliating scrub or a file to remove the unwanted layers.
- Apply foot moisturizer to keep the skin soft. Just make sure the skin between your toes stays dry.
- When you're in the sun, don't forget to slather sunscreen on every part of your foot, including the top and front of your ankles. Reapply sunscreen after a dip in the water.
- Keep the blood flowing by exercising your feet whenever possible. Flex your ankles, wiggle your toes and stretch your calf muscles.
- Avoid fungal infections by drying out workout sneakers (in the sun when possible) and wearing socks made of material that wicks away sweat.
- Buy your shoes later in the day when your feet tend to be their largest. (And make sure your shoes fit properly as comfort is key.)
- Of course, never ignore foot pain. Schedule an appointment with a podiatrist for a full evaluation of the problem.

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