



Tips on Getting the Healthiest Summer Shoes

A Summer is a great time for wearing your favorite casual clothing and footwear. However, not all summer shoes that look comfortable, or that even may initially seem to be comfortable, are healthy for your feet.

There are some important considerations for both men and women to think about when buying the latest in summer shoe trends. Of course, women typically have more styles and options to consider, but the same important characteristics should be looked at carefully for both men and women.



- **Go Natural** – The best option for summer shoes when sweating between the toes and on the sole of the feet is a big issue is to choose a natural material for the shoe. This may include a rubber or man-made material sole, but make sure there is a fabric liner or use an insert in the footbed that will absorb moisture and wick it away from the feet. Good materials include cotton, canvas, breathable fabrics like mesh, leather and even suede for dress shoes.
- **Go a Size Bigger** – It is very normal in the heat of the summer that the feet will swell slightly. For most adults, this increase in the size of the feet will be a half to a full size, with most adults finding their feet in the afternoon are a size bigger than when they leave the house in the morning. This is more important to consider for dress shoes as opposed to the softer materials found in casual shoes and sandals.
- **Change Out** – While you may enjoy wearing one pair of shoes all the time, research shows that this can actually contribute to foot problems and increase the risk of bacterial infections. By leaving your shoes off a full 24 hours between uses, they will dry out completely, and it will also help to prevent blisters or sores caused by rubbing.
- **Correct Fit** – Make sure the toe box on shoes is wide and allows the toes to sit naturally in the shoe. Avoid extremely pointed and narrow shoes for dress shoes, but also avoid wearing summer sandals or flip-flops that are too large.
- **Secure on the Foot** – Instead of flip-flops, which can be very problematic for people to wear, consider a hiking or a walking sandal with straps across the top and around the back of the ankle. This prevents a change in the way your foot moves through the stride, reducing the risk of foot, heel, and calf pain often associated with the use of shoes that "flop" on the foot.

If you have foot problems, diabetes, or any foot-related conditions, talk to your podiatrist about the best shoes for your summer enjoyment.

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Hello! We are pleased to send you this monthly issue of *Foot Notes*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Once Word Gets Out...

A florist went to the barber for a haircut. When the barber was finished, he turned down any payment. "I'm dedicating this week to community service, so I'm not charging for haircuts."

Grateful, the florist went back to his shop and sent a basket of flowers to the barbershop.

The next day a baker walked in. He got a haircut, and again the barber refused payment, explaining his community service commitment. The baker responded by sending the shop a box of one dozen fresh doughnuts.

A day after that, a Congressman came in for a haircut. He tried to pay from his expense account, but the barber repeated his promise.

The next day 10 Congressmen lined up outside the door for free haircuts.

Strange Nutrition Advice That Works

There are a lot of studies around today in regards to healthy eating, and although some are fairly obvious some others might seem a little more surprising. Science has proven that there are a number of rather strange nutrition rules that most people probably would not even consider.

A good example of this is that it can be a good thing to enjoy something sweet, like honey or chocolate chips, as a part of your breakfast. In fact the journal *Eating Behaviors* published a study that found that overall cravings can be reduced by eating just a little bit of a not necessarily healthy food that you really enjoy. Another odd yet apparently effective tip is to smell some fruits. A number of studies have shown that smelling fruits not only diminishes cravings for sugary foods but also actually cuts down on hunger. Having a fruit basket out in your home can also serve as an effective visual reminder to always make healthy food choices.

How To Extend Your Smartphone Battery Life

Most people want batteries with a longer life for their smartphones, but while that technology still seems to be some way away, there are ways of extending the life of the battery you are currently using. One good tip is to enable auto-brightness. The energy consumed by the screen of a smartphone is more than for any other part of the device, so cutting down on the brightness of your screen is the simplest way to reduce the drain on your battery. The great majority of phones today come with an auto-brightness mode that adjusts the brightness of the screen automatically based upon ambient light.

Another good tip is to use an ad blocker. Mobile ads from websites that get downloaded by your phone when you go on that site are supreme power suckers, so be sure to enable ad blockers. Streaming music also guzzles power. If you must use your smartphone to listen to music, use songs you have already downloaded rather than streaming them.

How To Succeed At Adult Learning

There are a number of surprisingly simple concepts that can actually make a real difference in regards to succeeding at adult learning.

One of the most important aspects of adult learning is being offered something that is actually of personal benefit to you. Adult learners generally want to know how what it is they are learning will benefit them, such as solving a clear problem or having some kind of long-term benefit such as creating better employment opportunities.

Focus on a course of a study where the benefits are clear in your mind.

Adult learners are able to have many different methods of learning, but generally have a preference for learning by doing and to practice in safe sessions with small groups. Find a small group with whom you can practice what you are learning.

As an adult you will have a fair degree of life experience. A good way to increase your understanding of what you are being taught is to try to connect it to something that has happened to or affected you on a personal level.



How To Select Your First Family Vehicle

It can be a challenge to purchase a car for your family for the very first time, particularly if you are now looking for a vehicle that is child-friendly when your only previous priorities for were that it ran well and looked nice.

The good news however, is it is not such a difficult endeavor if you know how to ask the right questions and do your research beforehand.

Size is one of the first things you need to take into account if you have just become a parent for the first time because, although babies are small, their buggies, car seats and changing bags most certainly are not.

Make sure you test whether or not the buggy will be able to fit into the boot and keep in mind that your baby may soon have siblings.

Find out if the front passenger seat has an airbag.

If you use a front car seat that faces the rear it should not have one, as they are illegal and dangerous but if the front passenger seat faces forward then you should have an airbag.

Child seats should be in the back with an appropriate restraint.



How To Stay Inspired

Most people get inspired by one thing or another every now and then, but generally find it rather more difficult to maintain that feeling for any lengthy period of time. So how do you go about not just getting inspired but staying inspired?

One good way is to keep reading a lot. Reading increases the level of knowledge that you have, and the more you know about the more there is to be inspired by.

On the same note, it is therefore also a good idea to browse the internet, conducting research and watching video tutorials on your subject of choice which will continue to improve your capabilities. Brainstorming can also be a gold mine when it comes to creativity.

Another way to stay inspired is to make sure you stay focused on the things that make you happy rather than irritations and grievances and so forth. Every morning write down a list of ten things you are grateful for in your life, as gratitude encourages happiness, and happiness encourages inspiration.



Online Shopping Safety Tips

Shoppers love the digital world, but while the endless variety and convenience is highly appealing it is not without its dangers.

Online shopping scams have cost lots of people lots of money but the good news is there are ways to ensure that your online shopping activity is safe and secure.

One of the simplest things you can do is just to make sure that the website you are on is secure. Make sure it has a <http://> address and that the web browser displays a padlock, as this usually means that the website's veracity is verified. If you are making use of a mobile app then you should make certain that you have downloaded the official app used by the retailer in question from Google Play or the Apple App Store.

Avoid doing internet shopping on public computers such as in internet kiosks and libraries as you do not know who might be watching and those computers are much more likely to be tampered with than your own home computer.

Make certain that adverts and emails from retailers are legitimate. Scammers use emails to lure victims onto fake versions of retailers websites in order to learn personal details.

If you are unsure just go to the real website directly rather than clicking on the ad or links in the email.

How To Avoid Long Term Neck and Back Pain

Good posture is important for training the body to lie, sit, stand and walk in the best positions that offer the least strain on joints and supporting muscles in the midst of day to day activities.

Bad posture on the other hand can result in changes in muscle stability and coordination as well as muscle fatigue, causing an increased risk of ligament, muscle and tendon injuries like chronic neck and back pain.

One good tip to avoid poor posture is to sit up straight, whether you are in a chair or on the sofa.

A lot of modern sofas and chairs use soft upholstery that often fail to give adequate support to the neck and spine.

High heels can be the cause of all sorts of posture problems for women. To avoid injury or pain women should stretch out their ankles and feet after they have taken them off.

Many people now spend much of their working lives sitting at a desk, often putting serious strain on their backs.

All manner of back and neck problems result from poor posture and slouching in front of a computer. Position yourself straight in front of the computer with your feet positioned flat on the ground to avoid unnecessary rotation.





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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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Fun Facts About Board Games

Board games are simple fun and sometimes even seem rather old fashioned in this day and age, yet they are still loved by millions. Board games are also a source of seemingly endless fascinating bits of trivia. There are more than fifty versions of the game of Uno, coming in special decks of such things as The Simpsons, Doctor Who, Avengers and so on. In World War 2, Allied prisoners of war were allowed to play board games by the Nazis, who even permitted the British government to send prisoners games.

However one Monopoly box sent to the prisoners contained not the game but tools to help them escape, including real bank notes, compasses, a folded silk map and metal files. The ploy worked and the prisoners were able to escape successfully. In 1988, the 50th anniversary of Scrabble was commemorated by the playing of a giant game in Wembley Stadium, where every tile was six feet long.

June Dates to Remember

- June 3rd – National Donut Day
- June 4th – Hug Your Cat Day
- June 8th – Best Friend's Day
- June 14th – Flag Day
- June 18th – Go Fishing Day
- June 19th – Father's Day
- June 20th – Summer Solstice
- June 23rd – National Pink Day
- June 24th – National Take Your Dog to Work Day
- June 26th – Forgiveness Day

June is also: Vision Research Month
<http://www.preventblindness.org/>
Myasthenia Gravis Awareness Month
<http://www.myasthenia.org/>

Help Us Help the Homeless

Ending homelessness in Maricopa County has been at the heart of Central Arizona Shelter Services' (CASS) work since the agency opened its doors in 1984.



As the needs of this population changed, CASS expanded its continuum of care to better address the needs of those who transition out of shelter and into permanent housing. Today, CASS continues to be the largest provider of shelter and supportive services. Through their enhanced continuum, CASS is able to provide a diverse array of services to meet the needs of individuals and families in Arizona and empower them to rebuild their lives and permanently end their homelessness.

During the month of June Fixing Feet Institute will be holding a donation drive to benefit this deserving organization. We will be collecting New Socks, Gently used or New Shoes and Bottled Water in our office. We have conveniently placed a collection bin in the reception area of our office. Please stop by with your donations and help us to provide those that are homeless, with good footwear and plenty of drinking water for the hot summer months coming up.