



## You Don't Have To Be An Athlete To Have Athlete's Foot

Athlete's foot is actually known as tinea pedis, and it is a very common fungal infection that can develop on one foot or both feet as well as on the hands and between the fingers.

As with all fungal infections, the heat and moisture in the skin of the feet, particularly between the toes, provides the perfect growth area for the fungus. The fungus is often found in locker rooms, public showers, bathroom floors, rugs, bed linens and even on incorrectly laundered socks and towels. There are several ways to both treat and help to prevent the development of athlete's foot. These include:



- Never go barefoot in any type of public facility including a gym, swimming pool, sauna, hot tub, or locker room. Instead, wear flip-flops or shower shoes to keep your feet from making direct contact with the floors or equipment. Hotel showers and bathrooms can be a prime area for contamination as well.
- If you do have the fungus, carefully launder all fabric your feet have made contact with and use a bleach solution to wash out showers, tubs, and bathroom or bedroom floors.
- Monitor your feet if you have been diagnosed with any other type of fungal infection including on the toenails or fingernails.
- If you have a weak immune system due to another health issue, be very careful of exposing your feet to any areas where fungus may be present.
- Treating the first signs of athlete's foot with over the counter antifungal medications. Often these are highly effective in the early stages but you should continue the full course of the treatment to avoid reoccurrence.
- During the treatment phase, allow as much air to circulate around the feet as possible. Around the house wear sandals or other types of loose fitting shoes to help keep the area dry.
- If you have naturally sweaty feet, and some people do, bring one or more pairs of socks with you, and change your socks as needed throughout the day. Carefully launder your dirty socks, ideally using a bleach solution, to help to eliminate any re-contamination.

Finally, wear moisture wicking or cotton socks during the treatment as well as later. Avoid nylons and socks that won't allow the feet to breathe and that hold the moisture close to the skin.

## December 2015

Hello! We are pleased to send you this monthly issue of *Foot Prints*. 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

**Chemistry and humor: A dangerous mixture?**



You don't have to be a scientific genius to get a laugh from these jokes, but a little knowledge of physics and chemistry will help:

- Never trust atoms—they make up everything.
- Did you hear about the guy who read a whole book about helium in one sitting? He couldn't put it down.
- What do you do with a bunch of dead chemists? Barium.
- The optimist sees the glass half full. The pessimist sees the glass half empty. The chemist sees the glass completely full, half in the liquid state and half in the vapor state.
- A chemist's motto: If you're not part of the solution, you're part of the precipitate.

## Outdoor Learning

Outdoor learning is an excellent method of engaging children, but it needs originality and advance thought and planning from parents or teachers. One place that is great for getting kids to develop more physical confidence is the beach, where they are able to jump, play ball games, dig, surf, race, and swim. It is a good idea to set physical challenges that your kids may initially balk at and to encourage them to keep trying until they succeed.

Especially beautiful are places that are near water, offering kids lots of chances to write poetry, sketch, or paint. Woodlands and forests are also excellent places for really firing-up children's imaginations, particularly at dusk, as well as for building tasks and teaching more practical skills such as tying knots, whittling sticks, and how to safely use a knife. Parks, gardens, and other open spaces are particularly ideal spots for teaching kids how to navigate, using basic or picture-based maps for younger children, and more sophisticated maps and compasses for older kids.

## Wedding Tips

When you are planning your wedding, there are doubtless hundreds of ideas in your head already, and inspiration can be further provided by the likes of Pinterest, magazines, and blogs. However, how do you go about making that inspiration a reality?

One good tip is to create a visual inspiration "mood" board. Once you have settled on the theme you would like your wedding to have, create a board that reflects the mood you desire. Use a Pinterest board (set to private!) or develop a collage of cuttings taken from magazines so that you show your overall motif off to vendors. Add in any particular shapes, textures, or colors that catch your eye. Flowers can have a big impact on the aesthetics of your wedding, as can furniture and florals. Your inspiration can even be brought to life by the kind of food and drink you have at your wedding; for example, a wedding that takes place at the beach might be well served with the likes of a maritime martini and mini lobster rolls.

## Tips For Family Fitness

Children need exercise just like adults, and the best way for kids to exercise is to get them out from behind the computer screen and play.

Encouraging active behavior early on in childhood, as well as other healthy habits, is the best way to ensure they will become active, healthy adults.

Teach your children that exercising is fun by having playtime at least three times every week for half an hour at a time.

Play games such as hide and seek, catch, hopscotch, kickball, soccer, etc. Try to schedule these activities in the afternoons or evenings, and always make time to do something on a weekend, even if it is just taking them for a play in the park.

Wherever you are going – to school, the library, or the local supermarket – you should walk or use a bicycle whenever possible.

You might even want to keep track of the number of steps you and your children take with the use of a pedometer. It is also a good idea to encourage your children to take part in sporting activities.



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## Buying The First Family Car

If you are about to start a family, and are thus going to be in need of a family vehicle, then it might be a good idea to have a talk to your partner about how many children you intend to have.

Of course plans can change, and the unexpected can and does happen, but there is still little point in purchasing a mini-van if you only intend to have one or two children at the absolute most.

Talking to friends and acquaintances and then doing your own research on the kinds of family cars that are on the market today is also important.

Of course, you also need to face reality and check with your budget to see what you can actually afford to buy, whether that is a brand new or used car.

Remember to include all of the associated costs, including car insurance, in your budget.

Some family cars today come with special family-oriented features such as child-safety seats, so be sure to investigate the brands that do this.



# Growing Followers on Instagram

Having a following on social media seems to be a perquisite for everyone in 2015, and one of the most popular such networks at the moment is Instagram, which currently hosts more than four hundred million users.



Of course, with such a high number of users, it also becomes more difficult to get noticed, but there are ways of standing out from the crowd.

One method of attracting attention is to like pictures posted from all around the world. By doing so, you are alerting many other users to your presence on the network, and making lots of random likes will open you up to being followed by people from all over the globe and all walks of life.

Promoting yourself wherever you can also helps enormously.

If you already use other social networks such as Twitter, Facebook, and Tumblr, then you already have an audience, and those accounts can actually be connected to your Instagram account, enabling content to be shared with various different networks.

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## What Not To Wear

Clothing is of vital importance in the workplace when it comes to projecting a professional image.

With that in mind, there are a few tips that should be kept under consideration when dressing for work.

You should never wear clothing that is distracting. Loud patterns on ties and shirts, outfits that are obviously uncomfortable and do not fit properly, and jewelry that jingles when you move should all be avoided.

Never wear dirty, stained, or smelly clothes and refrain from having unclean or even unkempt hair.

You do not want your “personal brand” to be associated with laziness by the management at your company. Torn jeans are also a bad idea. Although more casual forms of dress may be tolerated for employees who do not have direct contact with customers, torn jeans is still regarded as being disrespectful to your colleagues and simply unprofessional.

Revealing clothing is also a no-no for the ladies. Figure hugging dresses and low-cut tops are for nightclubs, not the office.

Female employees should also keep their hair tidy and their make-up basic.



## 20-Somethings Money Tips

20-somethings often have their own set of financial concerns, and thus, there are financial tips that are specifically tailored to that particular age group.

One good tip is to be a packrat when it comes to your savings.

It is important to save as though you believe that tough times may be just around the corner, as they may well be, and you will, therefore, be in a better position if and when difficulties arise.

Higher savings can be a big help when life gets tough.

Another good tip is to not let fear divert from you making good financial decisions such as investing.

Fears of not being knowledgeable enough, being taken for a ride by a peddler, and the volatility of the market can hold people back so make sure you learn all you can, consult with a reputable financial advisor, and started saving up for your retirement now.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

DECEMBER 2015

## Krampus Trivia

Krampus is the name of a festive season horror movie released this month in the US in time for Christmas, but people may be surprised to find out that the sinister creature in the flick derives not from the mind of Hollywood scriptwriters, but from old real-life mythology. Krampus is the name of a pagan monster that has its roots in the mythology of Greece and Germany, with the moniker itself deriving from the German word for claw, “krampen.” The mythology, which actually goes further back than the creation of Christianity, describes Krampus as being a demonic figure that is half-man and half-goat and carries around bells, a chain, and birch sticks that he uses to strike children who have misbehaved. Unlike Santa Claus, Krampus does not show up in the early hours of Christmas Day; instead, he shows up on St. Nicholas Day, the 6th of December. Many German children still leave a boot or shoe out for Krampus, who rewards them with a gift if they have been good, but a rod if they have been bad.

## December Dates to Remember

- December 5<sup>th</sup> – International Volunteer Day
- December 6<sup>th</sup> – Hanukkah begins at Sunset
- December 7<sup>th</sup> – Pearl Harbor Remembrance Day
- December 10<sup>th</sup> – Human Rights Day
- December 13<sup>th</sup> – International Children’s Day
- December 22<sup>nd</sup> – Winter Solstice
- December 25<sup>th</sup> – Christmas Day
- December 26<sup>th</sup> - Kwanzaa
- December 27<sup>th</sup> – National Fruitcake Day
- December is also: Int’l Safe Toys & Gifts Month  
<http://www.safekids.org/>  
Seasonal Depression Awareness  
Month  
[http://www.sada.org.uk/index\\_2.php](http://www.sada.org.uk/index_2.php)

## We Need New Toys!!

This year marks the 3<sup>rd</sup> year that we have supported the Phoenix Children’s Hospital Toy Drive. We are asking the patients and friends of Fixing Feet Institute to help us in our goal of collecting 200 toys this year.



Although we will gladly except toys for any age group, the hospital has asked us to target toys for babies and teens, as these ages are often forgotten in toy drives. If you need some ideas you can see their “Child Life Wish List” at <http://www.phoenixchildrens.org/patients-visitors/child-life-wish-list/toy-drive-child-Life>.

We have placed boxes in our waiting room to collect donations during our regular office hours. If you would prefer you can also donate gift cards in \$10 increments.

The staff, patients and friends of Fixing Feet Institute have always proven to be generous in the past. Won’t you please help us in making the holidays better for someone less fortunate than ourselves. Please drop your donations at our office no later than Friday December 18<sup>th</sup>.