



## Back To School Shoes For Growing Kids

For parents and kids alike, going back to school is both a positive and a negative time.

One of the not so positive things in most families is buying kids shoes and clothing to go back to school.

It is important to make sure that kids get the right shoes.



Not only will this help to prevent blisters, sore feet or potential foot problems, but having footwear that is supportive and balanced will help children to move and enjoy life without causing pain.

Here are some important tips and pointers for parents to keep in mind:

- Measure before you buy – it is a good idea to go to a reputable shoe store and have the child's feet measured. Don't just go up a half size from last year, kid's feet can have growth spurts and may change the width as well.
- Don't buy too big – sometimes parents rationalize going up a size over the ideal size for the child. This is going to result in a shoe that has a sloppy fit. This can result in trips and falls, blisters and foot pain for the child.
- Listen to kids – while children should not have the final say in which shoes you purchase if they like the fit and feel of one shoe over another keep that in mind. Often kids want the trendy shoes, but those may not be appropriate or a good choice based on support and safety.
- Go in the afternoon – just like adults, as kids are up and moving around their feet will swell slightly. Buying shoes that are comfortable in the afternoon will ensure a good fit all day. Make sure kids are wearing their typical type of socks as well.
- Different foot sizes – if your child has feet that are different sizes, and this is very common, always choose the shoe that fits the larger of the feet. Doing it the other way will cause foot pain in the larger foot. Typically these differences are just a half size.
- Look at construction – check the shoe to make sure it is well designed. Look for areas where stitching may rub or where there might be weak areas on the shoes. This is particularly important for gym and athletic shoes as foot support will be essential.

## August 2017

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

#### The Silent Treatment

A golfer was assigned a caddy with a reputation for being talkative. Not wanting to have his game constantly interrupted, the golfer instructed the caddy, "Keep quiet except when I ask you something, and then just nod or shake your head." The caddy agreed. On the 12th hole, the golfer hit a shot out of sight into the woods. After much searching, he found a ball on bare ground near a tree. He asked the caddy, "Should I use a five iron?"

The caddy shook his head.

"Well, a six iron, then?"

Another shake of the head.

"You're wrong," said the golfer. "Give me the six iron—I'll show you." He hit a shot onto the green, then turned to the caddy and said, "How about that? Go ahead—you can talk now."

The caddy replied, "That wasn't your ball."

## Online Survival Tips

Many of the more common complaints from consumers in regards to technological devices can be solved by surfing the internet for solutions.

Many smartphone users install a number of apps on their device, but some will be rarely or never used as time passes and when they are removed because of that, users often forget to revoke the access that was given to them. It is a good idea to revoke access to such apps by signing into either your Google or Facebook account, heading to “Accounts, Sign in & Security” on the former or “Settings, Apps” on the latter and follow the prompts to revoke access to apps you no longer need. Something similar can be done for other services such as LinkedIn, Microsoft and Yahoo by going to those website’s Settings and Security pages. When people sign up to services or websites, they may not realize they are also signing up for their regular newsletter, and such newsletters can clog up your email account even if you no longer use the services. A good way to unsubscribe from such newsletters in bulk is by going to [www.unroll.me](http://www.unroll.me) and then sign in via your email account. You will be given a list of all your subscriptions and an easy way to unsubscribe.

## Writing Motivation

Staying motivated to write despite the extraordinary amount of content already out there and the seemingly continually shrinking attention span of average readers can seem a tough prospect. The greatest way to gain inspiration and stay motivated to write is not social shares or for the purposes of SEO, but out of an interest in learning new things. Writing can be an excellent way to learn new things about a multitude of fascinating subject matters and while meeting a deadline can be both relieving and satisfying, the process of writing is actually often the most satisfying aspect. Another way to stay inspired is to keep in mind that there are no boring subjects, and a really good writer can make anything seem interesting. Ask yourself what would make a subject interesting for you to read, and do your best to write that article. This is particularly sage advice for content writers and copywriters and it is important to remember that there a lot of niche industries crying out for interesting content.

## How to Control Cravings and Appetite

Cutting down on the number of calories you eat seems like a smart way to try to lose weight, but controlling your cravings and general appetite can be easier said than done. Cutting back on the kind of food you usually consume is not enough, as your body will register a deficiency in energy and make you actually crave foods that are high in calories even more.

The trick is to learn to circumvent the normal hunger signals coming from your body by changing what and how you eat.

You need to eat a lot of protein, which makes you feel satiated for a longer period of time. Two to three ounces of protein should be included in every meal, with a minimum of one ounce when consuming snacks. Lean meats, seafood, eggs, legumes, poultry and reduced fat dairy products are the best foods for protein.

It is also a good idea to have a diet that is high in fiber, preferably consuming 35-50 grams per day.

Fiber is great for controlling your appetite and can help greatly in the quest to lose weight. Foods that are high in fiber include whole grains, legumes, and fruits and vegetables.



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## Finals Study Tips

Upcoming exams, particularly finals, can be a very stressful time for students, making it all the more vital that they know how to study in the most efficient manner possible.

One of the most important pieces of advice that students should take heed of is to begin studying sooner.

Cram sessions undertaken at the eleventh hour only succeed in penetrating primary short term memories, and may have already been forgotten when the exam rolls around.

Forty five minute study sessions for several weeks prior to finals are much more likely to assist students with better learning the material, while also cutting down the amount of study time that is actually needed and often results in far less nervous stress and anxiety over the exams.

Studying with a fellow classmate is also a good idea.

This will help both of you and is also likely to result in a boost of confidence prior to the test.

Review games and verbal quizzes are recommended, and you may even want to have a review game party with a light-hearted atmosphere, something that can also relieve worry and stress.



# How to Be More Productive

Being productive every day at work is about a lot more than just having the correct setup and tools at your disposal; it is also about ensuring that you have taken adequate care of your mental and physical wellbeing in and out of the office.



The good news is there are some canny strategies you can employ to increase your productivity, one of which is quite simply to get lots of sleep.

Having a solid night of sleep, somewhere between seven and eight hours, will not only aid you to cope better with change in life and at work, but also sharpen your problem solving and decision making skills.

The quality of sleep is every bit as important as the quantity too, so try sticking to a regular pattern and avoiding substances that can interfere with sleep such as caffeine and alcohol.

Caffeine can be a good idea at work, however, having a number of benefits including increased reaction time and awareness and even an improvement in mood, memory and learning.

It is also a good idea to take a break every so often, with physical exercise also recommended to keep you in peak physical and mental health at work.

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# How to Have a Happier Family

Everyone wants their family to be a happy one, but it can sometimes be a difficult proposition given the busy lifestyles and associated stresses of the modern world.



The good news is there are ways to cut down those stresses and ensure quality time for the family to get together and forge closer bonds.

Getting a better balance between home and work is one way to ensure a happier family.

Work is not restricted to the 9 to 5 routine in this day and age, and often finds its way into time that should be for family commitments, making it essential for people to ensure they do not end up neglecting their other responsibilities.

Parents in a family often end up looking after everybody but themselves.

This can result in stress and feelings of resentment toward loved ones.

Having needs and feelings of your own is not a bad thing, nor is it selfish to put yourself first once in a while.

In order to be able to look after others, you first need to make sure you are also looking after yourself.



## Tips for New Graduates

New graduates are often excited and a little intimidated by entering a new part of their life with new financial responsibilities, but there are some good tips that can help make the transition a smooth one.

Mindful spending is something that all new graduates need to keep under consideration. Mindful spending is the key to all smart money choices, regardless of your financial situation or age.

Mindful spending means keeping track of your money at all times, having realistic goals you can really work towards, and knowing how to cut back during leaner times.

New graduates also need to know how to live within their means.

Steady pay checks still have their limits, and new graduates need to add up the costs of essentials such as rent, groceries, student loan payments, savings, transportation, utilities and car payments and then see how much is actually left for more luxury items before going wild with expensive but unnecessary purchases.

It can also be a good idea to put bills on an automatic payment so that they are regularly paid straight from your bank account, thus removing the need to have to remember all bills.



# 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

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## Fun Penguin Facts

Everyone adores penguins, but very few people know very much about them other than that they are birds who appear to enjoy wearing tuxedos. However there are an abundance of fun trivia facts about them. There are as many as seventeen different species of penguin, but all of them exclusively reside in the Southern Hemisphere. All except two of those species breed in big colonies with close to a thousand birds. The tallest species of penguin is the Emperor Penguin, which stands at almost four feet tall, while the smallest is known as the Little Blue Penguin, which measures in at around just sixteen inches. The Gentoo Penguin is the speediest species, and is able to swim as fast as up to twenty two miles per hour. Camouflage is actually the reason for the striking appearance of penguins. From below, the penguin's white belly appears hidden on the bright surface, while from above the creature's black back is able to blend in with the ocean's murky depths.

## August Dates to Remember

August 3<sup>rd</sup> – National Watermelon Day

August 5<sup>th</sup> – Summer Olympics begin in Rio

August 6<sup>th</sup> – Wiggle Your Toes Day

August 9<sup>th</sup> – Book Lover's Day

August 13<sup>th</sup> – Left Handers' Day

August 15<sup>th</sup> – Relaxation Day

August 19<sup>th</sup> – National Aviation Day

August 21<sup>st</sup> – Senior Citizen's Day

August 26<sup>th</sup> – National Dog Day

August 27<sup>th</sup> – Just Because Day

June is also: Cataract Awareness Month

<https://www.aoa.org/>

Psoriasis Awareness Month

<https://www.psoriasis.org/home/>

## Help us Help the Homeless Children

The Children First Leadership Academy inspires students to be critical thinkers, problem solvers and active citizens. The school serves the whole child by providing transportation, Food, Clothing & Medical Care.



100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, school supplies. We will have collection bins located conveniently in our reception area.

To obtain a list of their current needs, please contact our office or go to their website at

<http://cfaphoenix.org/donate/current-needs-list/>

Please consider making a donation – It will make a difference to child in need.