



## Tips for Buying Winter Boots for Women

Most people assume that winter footwear has to be either stylish or practical and that the two options are not possible in one boot. For women who need a dressier winter boot, there is a way to combine the two.

However, even if you are looking for winter boots for casual wear, finding a boot that provides cold protection, waterproofing, and the support your foot needs will be critical.



For women looking for winter boots consider the following:

- Low or no heel – Choosing a high heel on a winter boot increases the risk of twisting an ankle or slipping on icy surfaces. Instead, look for a boot that has a minimal heel or no heel at all.
- Non-slip soles – Look for boots with a non-slip or non-skid type of sole. This can be a more rigid or flexible sole depending on your specific comfort with either option. Avoid soles that are smooth or have very minimal tread as they are going to create more of an issue for walking on snowy or icy surfaces. Thicker soles are also warmer overall than thin soles.
- Tall or short – Higher boots offer additional support for the ankles, but only if they are designed to do so. A high dress boot will not provide any ankle support whereas a hiking style that laces up snugly over the ankle and lower leg will provide moderate support.
- Insulation – There are different options for insulation. Thicker soles and a denser footbed will help to keep the feet warmer. Moisture wicking insulation is a great option. For those who will wear the boots daily, consider boots with a removable insulating liner. You can buy an extra liner and rotate out every day to help prevent odor and allow the liner to dry fully.
- Room for orthotics – If you have custom orthotics, it will be important to consider the footbed and the boot design and how these work with your orthotic. Most winter boots are designed with a higher and wider toe box to accommodate thicker socks for winter wear which makes them a good match if you need this extra space.

Try on winter boots and think about the conditions in which you will be walking. There are some great all-purpose winter boots available that are stylish enough to wear around town but protective enough to be great for your feet.

## January 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 Baseball Expert

A woman on an airplane found herself sitting next to a sports gambler on a very bad losing streak.

This fellow spilled his heart out, describing in painful detail all his losses for the last six months.

“Nothing seems to help,” the gambler complained.

“The point spread, the hits, good pitchers having bad days, bad hitters suddenly whacking home runs—this is just the worst losing streak I’ve ever had.”

“Well,” said the woman, trying to be helpful, “maybe you should switch to betting on football for a while?”

He stared at her. “What do I know about football?”

## Internet Tips

The internet is well loved by many people, including almost sixty percent of those aged sixty five and older. However, no matter how savvy you are with technology, there are always new programs to discover and new things to learn and there are a number of simple tips that can help to further enhance your experience with the online world.

One good tip is to experiment with the newest updates to social media. The best way to become more familiar with social media platforms and their numerous features is just to test them and play around with any new updates that come along. When you sign up for a new internet service, it is difficult to work out how much speed you will actually require. Too much, and the result is you paying for more speed than you need, but too little and you will end up experiencing delays or lags in service. 5-10 Mbps could well be enough if you are only using the internet for email and basic searches, but nearer to 25 Mbps will be required if you like streaming video, video chatting via Skype, or downloading files.

## Design Inspiration Tips for Students

One of the greatest things about moving somewhere new as a student is being able to think about the seemingly endless decorating possibilities for your new place. Posters and tapestries are one of the easiest ways in which students can have their passions emanating from their rooms, but there are other ways to find inspiration for design.

It is important for students to have their own space to go to home to following the chaos schools and classes, and there are a number of ways in which students can feel inspired make their new place feel like home, such as hanging string lights or embarking on a DIY project that enables them to make use of their creativity and make their space unique.

Collecting, painting and thrifting are also excellent decorating possibilities for students, particularly those on tight budgets. For many people, students included, their home is a reflection of who they feel they are as individuals, making design inspiration all the more important.

## Preschoolers and Nutrition

Preschool children can be very fussy eaters, but they are also very impressionable, making it the ideal time to begin establishing a foundation for healthy eating habits and good nutrition. Habits, preferences and tastes that will last into adolescence and adulthood can be established by the foods parents choose to give their young children, making it all the more important to provide them with a healthy diet.



One good way to promote healthy eating and good nutrition in young children is to set aside snack and regular meal times to help to discourage idle eating, and make the times before meals and snacks quiet, as children who are relaxed tend to eat better.

Make sure your child has plenty of time in which to eat the meal. Kids often refuse to eat new and unfamiliar meals multiple times before finally trying them out, so make sure any new food served is surrounded by more familiar foods.

Children should be exposed to a wide array of healthy food items as early as possible, with lots of variety from all of the different food groups to help them develop broader tastes.

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## Accelerated Study Tips

Learning is a vital tool for anyone who wants to achieve more in their life, and in cases where the learning process needs to be accelerated there are a number of tips that can help to make that happen.

One of the most important things to be aware that working fast due to being under pressure can actually end up being counterproductive.

Stress causes cortisol to be released into the bloodstream, which actually blocks memory and effective concentration, so measures needed to be taken to minimize stress and achieve a calm state.

Being in a calm state makes it much easier to focus on things, and elevates the ability to understand in an effective manner, in turn increasing the motivation to study.

It is also a good idea to avoid caffeine and energy drinks and stick to water in order to stay hydrated while studying, which studies have shown results in significantly better recall.

Learning meditation is a good idea as well, as in addition to the many other benefits than meditation can bring, it has also been shown to aid memory and concentration.



# Dealing With Difficult Conversations

Tough conversations with members of your family still have to be had regardless of how difficult they may be or how they may react.

People often prefer to ignore difficult or touchy subjects such as death, prejudice, illness, finances or politics for a number of reasons including shame or fear.



However failing to have transparent discussions can result in people feeling uncomfortable and isolated within their own families, making it important for families to have an environment filled with open dialogue, particularly during discussions with young children.

If necessary you may even want to think about using a family therapist for the purposes of mediation or staging some kind of family meeting.

It is crucial in such conversations to not lie and be honest about your thoughts and feelings, though you also need to look at the reasons for the difficulty in having such conversations in your family and be aware of potential consequences.

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## Women's Health Tips

It is important for women to ensure that they stay healthy and make self-care the same kind of priority as with all the other important things in life.

Happily living a balanced life is simple enough and can be achieved just by following a few simple self-care tips.

Women should ensure that they keep up with screenings that are appropriate for their age group, including preventative screenings such as pap tests, colonoscopies, breast exams and HIV tests.

Eating a healthy diet is also crucial.

The good news is healthy does not automatically have to also mean boring, and you can start with a few simple and small changes, such as having grilled rather than fried chicken.

Other good ideas include having whole wheat bread rather than white, and substituting French fries for vegetables.

Mental health is also important, and it is vital to your wellbeing to make sure you get enough sleep, focus on healthy relationships and cut down on stress.



## Financial Advice for Millennials

The generations can be very different, and financial concerns are just one of the areas where this truism is highlighted.

Baby boomers are more worried about retirement while the financial concerns of millennials tend to center more on student loans.

There are a number of distinct financial challenges facing millennials, including an increased cost of living and higher levels of student debt than ever previously recorded.

There are some ways that millennials can get on track however. Getting out of debt is one of the most important things you can do. Setting limits on yourself is vital to avoid falling into the financial credit trap, meaning it is important to be honest about what you can truly afford.

You also need to concentrate on paying off debts as soon as possible and coming up with a spending plan as way to spend more money wisely and in moderation.

It is also a good idea to build an emergency fund to cover any unexpected situations that may occur such as medical bills and car repairs.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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## Interesting Facts About Italy

Italy is one of the most loved and fascinating nations on Earth, and there is a wealth of trivia about the place that most people will be completely unaware of. There are as many as three active volcanoes in Italy, Etna, Stromboli and Vesuvius. Italy has more than forty UNESCO World Heritage Sites – the record for any country in the entire world. There is a national language in Italy which is based upon the Tuscan dialect, and yet there is a still distinct dialect to each and every region. Among the notable items to come out Italy are the piano, the typewriter and the thermometer. It is well known that Italians love their wine, and this is certainly no fallacy given that according to statistics the average Italian drinks as much as twenty six gallons of the stuff per annum! Italy's national animal is considered to be the wolf, and the nation is often referred to as the Bel Paese, which translates to "beautiful country".

## January Dates to Remember

- January 1<sup>st</sup> – New Year's Day
- January 4<sup>th</sup> – National Spaghetti Day
- January 12<sup>th</sup> – National Pharmacist Day
- January 13<sup>th</sup> – Make your Dream Come True Day
- January 15<sup>th</sup> – National Hat Day
- January 16<sup>th</sup> – Civil Rights Day / MLK Day
- January 21<sup>st</sup> – National Hugging Day
- January 26<sup>th</sup> – Spouse's Day
- January 28<sup>th</sup> – Fun at Work Day
- January is also: Birth Defects Prevention Month  
<http://www.nbdps.org/index.html>
- Cataract Awareness Month  
<http://www.aao.org/>
- Volunteer Blood Donor Month  
<http://www.americasblood.org/>

## Help us Support our Troops

During January and February we will again be collecting food, hygiene and recreational items to send to our Military Troops overseas. Just as the last few years, we are again working with "Packages from Home," a local organization that collects items and ships them to our Troops overseas. This organization was begun by a mother whose son was deployed back in 2004, and has grown by leaps and bounds since then.

The mission of Packages from Home is to send care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate the morale of all veterans. You can learn more about this generous organization from their website at [www.packagesfromhome.org](http://www.packagesfromhome.org).

For a complete list of their needs, you can go to their webpage at <http://www.packagesfromhome.org/index.php/donations/things-to-donate/the-list> or contact our office. They will also accept cash donations to help cover postage costs to ship these items to the Troops.

To make it easy for our patients and friends to donate we have placed a box in our waiting room for you to place your donations. Please join us in supporting our troops.