



## Running and Foot Care Tips

There are people who love running and those who are less enthusiastic about the idea.

However, there is no doubt that if you stick with a running program, it does become a habit and one that can lead to a fitter, healthier you.



Running is not always easy on the feet.

Many people find that foot aches, pains and stiffness become a routine problem after starting a running program.

Ideally, see your podiatrist before you start running if you have any concerns about your feet.

This includes any history of plantar fasciitis, ankle problems, or foot pain.

In addition, be sure to:

- Limit running time – It can be easy to push too hard and try to run long distances faster than your body is able to adjust to the new routine. Always start slowly and increase speed and duration of the run slowly and incrementally. A good idea is to increase the actual distance covered on the run by no more than ten percent per week. If you experience stiffness or foot pain, drop back to the previous week's distance.
- Socks matter – The correct socks are just as important as the correct shoes. There are special running socks that are designed to wick away moisture and also to gently support the feet. Investing in these running socks and top quality shoes is preventative protection.
- Buy good shoes – Your podiatrist will be essential in finding the right shoes for your feet if you have any history of foot problems. Avoid buying cheap shoes and be sure to change out your shoes before they become worn and lack the support you require.
- Use proper form – Many people run incorrectly by trying to take unnaturally long strides or in trying to modify their natural movement. Running coaches can help you to determine if you are running with the correct form.
- Don't run through the pain – If your feet start to hurt or ache, stop running and make an appointment with your podiatrist. Trying to run through the pain will increase the risk of a serious injury that may prevent you from running for much longer.

## APRIL 2019

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



#### Team Effort

A motorist stuck in a ditch received help from a farmer walking down the road with an old horse.

“Just give me a minute, and old Billy will get you pulled out of there,” the farmer said as he hitched the car to the horse. He then began to shout, “Pull, Chuck! Pull, Willow! Pull, Stanley!”

Nothing happened.

Finally, the farmer said, “Pull, Billy!” The horse took a few steps forward and pulled the car out of the ditch.

The driver thanked the farmer for his help and then asked why the farmer called out all of the other names before he called on Billy.

“Billy is blind and a bit set in his ways,” the farmer said. “If he thought he was the only one pulling, he wouldn’t have even tried.”

## A Treat for your Diabetic Feet

By Shannon and Marie

### Strawberry Panna Cottas



#### Ingredients:

1½ cups whole milk  
1½ teaspoons unflavored gelatin  
1½ pints strawberries, halved  
2 tablespoons Splenda (granulated)  
1 teaspoon vanilla extract  
1 pint strawberries, sliced

#### Recipe Yield:

Serving per recipe: 4  
Serving Size: 1 (6-ounce) panna cotta

#### Directions:

Sprinkle gelatin over milk in a small saucepan; let stand 1 minute. Then cook very low heat, stirring until gelatin dissolves (do not boil). Set aside to cool.

Process 1½ pints strawberries on a food processor, or until pureed, stopping to scrape down sides. Press strawberries through a fine wire-mesh strainer into bowl, discarding solids. Stir cooled milk mixture into strawberry puree. Add Splenda (or Monk Fruit) granulated sweetener and vanilla, stirring until sweetener dissolves.

Coat 4 (6-ounce) ramekins with cooking spray. Divide strawberry mixture evenly among ramekins. Cover each ramekin with plastic wrap; refrigerate 4 hours or overnight until panna cottas are set.

Run a knife around the edge of each panna cotta and unmold onto serving plate. Serve with sliced strawberries.

#### Nutritional Info: (per serving)

Calories: 130	Cholesterol: 15 mg
Fat: 4 gm	Protein: 5 gm
Saturated Fat: 2 gm	Carbs: 21 gm
Fiber: 5 gm	Sugars: 5 gm
Sodium: 50 mg	

## How to Build Lean Muscle

Nutrition can play a very important role in the building of lean muscle, and there are a number of tips that you can follow to help you to achieve your goal.



One of the most simple but also most painful things to do when attempting to bulk up is to clear your pantry of the kind of minimal-nutrition foods that will only assist you with making gains of the decidedly undesirable kind.

Get rid of the chips, crackers, fried foods, prepared desserts and sugary cereals.

The next step is to get in the meat.

Meat is full of protein and protein is responsible for building muscle.

Of course some meats are more desirable than others with this endeavor, and it is a good idea to go for skinless poultry as well as eggs and fish.

Look for lean “loin” options when shopping for pork and beef.

Fruit, vegetables and whole grains are very rich in nutrients and also contain plenty of fiber, which makes you feel full quicker and reduce the likelihood of unhealthy weight gain.

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## Finding an Inspirational Mantra

Having a manta – a central theme or word as a guide for your actions and a way on becoming inspired to reach your goals – can be more effective and mindful than any form of New Year’s resolutions.



Depending on where you are in your life, a mantra such as “opportunity”, “rethink”, “dynamic” or “calm” can help you to keep in mind and strive toward what you are hoping to achieve.

In order to choose the right mantra for you at this time in your life, you need to do some personal reflection in order to generate enough self-awareness that you are able to do so.

It is also a good idea to have a brainstorming session in order to find your mantra.

You do not have to sit at a desk to brainstorm, in fact you may find more inspiration by going for a walk, helping you to relax and clear your head and allowing your new manta to come to you more easily.

## Preparing to Take an Online Degree

Online courses are revolutionizing college in the modern world, with students now free to take courses from almost any educational institutional they choose. Universities have been quick to take advantage of this opportunity, with many schools now offering a large array of undergraduate and graduate courses that can be studied completely online. However students need to keep in mind that a different approach is required to studying online, with discipline, organization and time management of even greater importance.



The first thing prospective online students need to do is check that their computer is capable of meeting all of the technical requirements necessary to take such classes, including both internet speed and software.

Students and faculty can communicate effectively online, but students need to take advantage of this as soon as possible.

The quicker a student is able to establish an online relationship with their professor, the faster they will be kept up to speed of what is expected in regards to writing and filing assignments, research, and so on.

It is vital to be a self-starter when studying online. Be sure to create your own schedule straight away, adjusting it over time as necessary, but trying to keep to that schedule as much as possible.

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## The Benefits of Almonds

A meal plan is important for anyone wanting to remain fit and healthy, but intermittent snacking also needs to be taken into account for anyone wanting to follow such a diet in the long term.

One of the healthiest options for snacking is almonds, which are very nutritious and rich in antioxidants, minerals and vitamins, and healthy fats. Just a small of almonds eaten as a snack can help to satiate an appetite by making people feel full without having to eat a lot, and thus preventing over-eating between normal meal times.

Almonds are also a great source of important nutrients such as Vitamin E, plant protein, dietary fibers and calcium.

It is important to maintain meal plans when out of the house, so keeping a small amount of almonds on hand for convenient snacks when at work or elsewhere is also a good idea.

Keeping them in a small tin, perhaps paired with some fruit, is a great way to continue to eat healthy even when not at home.



## It's Sandal Time!!



Summer is coming and it's time to start thinking about Sandals and Flip Flops. Our office carries several different brands of Sandals and Flip Flops.

**Telic** is one of our best sellers. It is a revolutionary new product with unparalleled comfort. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support.

Telic is now offering more styles and colors than ever before, available at very reasonable prices. Stop by our office and see what they have to offer.





# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
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Surprise, AZ 85374  
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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

APRIL 2019

## An Innovative & Immediate Solution to Damaged Nails



KeryFlex is a safe, in-office application that restores the appearance of your natural nails. This system allows a certified provider to remodel nails that are affected by fungus, defects and trauma. This composite resin creates a flexible, non-porous nail that allows the remaining natural nail to grow. The KeryFlex nail is an immediate cosmetic improvement providing a natural looking nail. It is durable and unaffected by acetone, nail polish or detergents. Dr. Viedra Elison is the only KeryFlex Certified Provider in the NW Valley. Call our office for more info.

## April Dates to Remember

- April 7<sup>th</sup> – No Housework Day
- April 10<sup>th</sup> – Golfer's Day
- April 12<sup>th</sup> – Grilled Cheese Sandwich Day
- April 13<sup>th</sup> – Scrabble Day
- April 21<sup>st</sup> - Easter
- April 20<sup>th</sup> – Volunteer Recognition Day
- April 20<sup>th</sup> – Husband Appreciation Day
- April 24<sup>th</sup> – Administrative Professional's Day
- April 25<sup>th</sup> – Take your Daughter to Work Day
- April is also: National Foot Health Month  
<https://www.apma.org/>
- National Autism Awareness Month  
<http://www.autism-society.org/>
- Cancer Control Month  
<http://www.nationalmssociety.org/>

## Help us fill their bowls and feed some hungry Pets!

For the 3<sup>rd</sup> year during the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.



The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.