



Show Your Feet Some Love

While Valentine's Day may be the perfect time to show that special someone in your life how much you care, it is also a great time to pamper yourself.

Taking just 30 minutes of your day to pamper your feet can have surprising results and help you to feel rejuvenated and relaxed.



To get started with a mini-spa day for your feet, try the following different treatment options that are easy to do at home and require no special equipment or products.

- **Foot massage** – Massaging the feet assists in stimulating blood flow as well as helping to provide relaxation and create a calming sensation. Start by holding the foot with your thumbs on the sole, and slowly press the thumbs into the center of the foot, moving from the heel to the toes. You can also massage the thumbs in small circles as you move up the foot from the heel to the toes. Rub each toe, squeezing gently. Rub the heel and the ball of the foot with the fingers, applying gentle pressure. Follow the massage with an application of your favorite lotion.
- **A relaxing foot bath** – For tired feet, a warm foot bath is the perfect option. Fill a large, shallow container with warm but not hot water. Add Epsom salts and a few drops of your favorite essential oil. Peppermint, tea tree, eucalyptus, and rosemary are all ideal options, and they can be combined to create the scent and sensation you want. For additional relaxation, add a few drops of lavender essential oil for an overall physical and mental calming effect.
- **Exfoliate and moisturize** – In the winter, it is not uncommon for feet to become dry and cracked or to have a buildup of dead skin cells. After a foot bath, use a homemade foot scrub of half a cup of brown sugar and about a quarter of a cup of olive oil or melted coconut oil and rub over the feet, focusing on the heels. After rubbing gently, allow the scrub to sit on the feet for about 5 minutes. Rinse off with warm water and apply your favorite lotion or simply put on a pair of cotton socks and relax.

If you have any concerns about your feet or notice any areas of pain or discomfort, call our office to address these issues before they become more significant.

FEBRUARY 2020



"Valentine's Day is precisely what the spirit needs. It is hot chocolate for the soul. It is a bright splash of color on a stark white canvas. The day reminds us to reaffirm our love, or perhaps to give voice to that which has remained unsaid."

Dorothy Denneen Volo, An Encyclopedia of Valentine's Day



Delegating Tips

If you are in a position such as manager, team leader or group leader, from time to time you will probably become overloaded with too much work.

You will then have to ensure these tasks are carried out by their deadlines by delegating them to other employees. Task delegation is a vital skill for all managers and is not always easy but there are some tips that can be followed to ensure efficiency in delegation.

One crucial tip is to set priorities. All tasks need to be lined up depending on their level of importance, which will require an intricate knowledge of the whole project as well as deadlines. Team members can then be told to attend to certain tasks straight away, while others can wait until later.

Another important tip is to delegate those tasks to workers depending on their particular set of skills. Team leaders often delegate work depending on workload, which will not help the task to be completed efficiently. Tasks should be assigned based on the strengths and weaknesses of individual employees.

How to Survive Social Media

Social media can be addictive, so much so that it can end up becoming an actual source of stress in the lives of many people.

However, this is not the way it has to be, and there are some helpful tips to enable people to take back their lives from the grasp of social media.

One good tip is to never make posts on social media relating to some drama in your personal life. If you want to talk about something that is bothering you, talk about it. If you would rather keep these issues private, then do not even hint about them online.

Remember that once you have posted something, it is likely going to be out there forever in one form or another. Keep that in mind before every post you make. If you have really had enough of social media and intend to leave it for good, just do so. Leave quietly and do not go back, and do not make long posts about your intentions, because many people may see it as attention seeking.

Fast Food and Nutrition

It can be difficult for people to adopt a healthy eating lifestyle, especially for those who work long hours and have few options. However, eating fast food occasionally does not have to be unhealthy.

One way of making the healthier choice even when ordering fast food is to look at the whole menu and try and work out what it is lacking in nutrition.

It is a good idea to focus your attention on food group balance and although this can be tough with fast food, making small adjustments such as ordering a side salad can help to balance out what you are eating with the addition of fruits and vegetables.

Try and add ingredients that are dense with nutrition into meals, with a primary focus on vegetables to make sure you are getting enough nutrients and fiber and maintaining a healthy blood sugar balance.

Chicken salads can be a healthier option, but be sure to avoid add-ons such as extra bacon and cheese or the likes of dressing and mayonnaise, which only increase the amount of fats and calories you are consuming.



Study Less, More Often

Starting to study for exams as early as possible provides more time for ideas to be able to solidify within the mind.

One of the most effective methods for students to be able to remember what they have been learning is to practice just a little bit – but to do that little bit of practice frequently and over the course of a long period of time.

Even just fifteen minutes of revision or practice, done a few times per week, can not only assist the brain to form the necessary connections for learning, but can also kick off unconscious learning.

This means that your brain actually continues to learn the material even when you are not actively engaged in study, which will sound like a really great idea to most students.

One good tip to be able to engage in this kind of study is setting aside five minutes after the end of class to think about what you have just been taught. Reflect on what you have learned, how it fits into the bigger picture of the subject you are studying, and if you have any questions about the material.

Another good tip is to undertake small but frequent practice sessions via your smartphone, which are ideal for quick study opportunities.



A Treat for Valentine's Day

By Rhonda and Gabriele

Chocolate Dipped Phyllo Sticks



Ingredients

- 4 sheets phyllo dough (14x9-inch size)
- 2 tablespoons butter, melted
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- Cooking spray
- 2 ounces semisweet chocolate, finely chopped
- 1/2 teaspoon shortening
- 1/2 ounce white baking chocolate, melted

Directions

- **1.** Preheat oven to 425°. Place one sheet of phyllo dough on a work surface; brush with butter. Cover with a second sheet of phyllo; brush with butter. (Keep remaining phyllo dough covered with plastic wrap and a damp towel to prevent it from drying out.) Cut phyllo lengthwise in half; cut each half crosswise into five rectangles (4-1/2x2-3/4 in.). Tightly roll up rectangles jelly-roll style, starting with a long side.
- **2.** Mix sugar and cinnamon. Lightly coat sticks with cooking spray; sprinkle with 1-1/2 teaspoons sugar mixture. Place on an ungreased baking sheet. Bake until lightly browned, 3-5 minutes. Remove to a wire rack to cool. Repeat with remaining ingredients.
- **3.** In a microwave, melt semisweet chocolate and shortening; stir until smooth. Dip one end of each phyllo stick in chocolate; allow extra to drip off. Place on waxed paper; let stand until set. Drizzle with white chocolate.

Nutrition Facts

1 phyllo stick: 42 calories, 3g fat (2g saturated fat), 3mg cholesterol, 19mg sodium, 3g carbohydrate (2g sugars, 0 fiber), 0 protein.

Recipe courtesy of <https://www.tasteofhome.com/>



Beating Jet Lag

Mental and physical fatigue is often associated with long distance travel, and for frequent travelers the phenomenon of “jet lag” can become a serious health issue.

Travelers end up not just tired but also nauseous, with headaches, stomach problems and an inability to concentrate also common symptoms of the disorder.

The good news however is there are some tips that can be followed in order to beat jet lag. Jet lag is associated with having to adjust to a brand-new time zone, and the quicker that can be accomplished the better you will feel.

One good tip is to switch your watch to the time it will be in your destination while still on the plane.

This will help you to remain active and you can also establish a new routine sleep schedule much quicker if you resist taking a nap in the afternoon.

People who exercise regularly at home need to continue to do so while away. Exercise helps mind and body to stay active and get through the ordeal of jet lag much more easily.



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

FEBRUARY 2020

Treat your Valentine to Beautiful Colors this Year

Dr's Remedy Nail Polish is the #1 Doctor recommended Nail Polish brand and is available in our office. Dr's Remedy is enriched with organic ingredients such as Tea Tree Oil, Biotin, Vitamin C, Wheat Protein and Lavender. It is actually good for your nails.!

Not only do we have beautiful colors for your nails, Dr. Remedy also offers base coats, top coats and moisturizers that are made with organic ingredients. They even have Nail Polish Remover that is Acetone Free. If you purchase 3 bottles of nail polish we will give you a free bottle of Nail Polish Remover which is a \$15 value.



February Dates to Remember

- February 2nd – Groundhog Day
- February 11th – National Make a Friend Day
- February 14th – Valentine's Day
- February 17th – President's Day
- February 18th – National Drink Wine Day
- February 20th – Love your Pet Day
- February 21st – National Caregivers Day
- February 22nd – Be Humble Day
- February 29th – Leap Day
- February is also: American Heart Month
<https://www.heart.org/en/affiliates/arizona/phoenix>
- Natl Children's Dental Health Month
<http://www.adafoundation.org>
- Marfan's Syndrome Awareness
<http://blog.marfan.org> Month

Help Us Support our Troops !!

Fixing Feet Institute is once again partnering with Packages from Home to salute our heroes overseas and at home. Packages from Home is now supporting not only those deployed, but those at home and the canines that aid them.



Packages From Home sends 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 morale of all veterans.

Packages For Hope program seeks to aid veterans who are in transition, homeless or at risk of becoming homeless.

Bones From Home was created to serve the 2,700+ Military Working Dogs active worldwide by providing military-approved food, grooming, toy and training products to service canines and their handlers.

You can obtain their Wish List at our office or online at <https://www.packagesfromhome.org/donate-items>
We will have collection boxes in our office for your donations.