



Tips for Choosing Walking Shoes

One of the changes brought about by social distancing is in the way we exercise. With gyms, yoga studios, and fitness centers closed, walking has emerged as a great way to keep active and moving for people of all ages.



Walking is a highly effective exercise, helping to burn calories, increase range of motion, boost cardio health, and help to build up stamina and strength. As a low-impact exercise, it is also ideal for people of all ages, and it can be done anywhere.

The only equipment needed for walking is a good pair of walking shoes. Investing in quality footwear for walking prevents blisters, sore feet and ankles, and also ensures your gait is correctly aligned, helping to limit sore muscles and joint pain even after a long walk.

To help you select the best types of walking shoes, consider the following tips:

- **Know your feet** – If you have problems with flat feet, high arches, or if your Achilles tendon is an issue, choose a walking shoe that is designed to offer features to add protection, support, and cushioning for that part of your foot.
- **Material** – Top quality walking shoes are made with top quality materials. This includes the sole and footbed as well as the upper part of the shoe. Look for walking shoes that offer an insole, midsole, and outsole that are designed for support and cushioning of the entire foot area. The upper may be mesh, synthetic materials, or leather. Lighter weight materials, and particularly mesh, provide greater ventilation.
- **Insoles** – Removable insoles are ideal for keeping your feet dry and supported. These insoles often have additional arch supports in place and, with the midsole, provide a solid foundation for each step. Removable insoles are washable and can be replaced with orthotic insoles if required.
- **Toe box** – The toe box should be generous and not constricting around the toes. The toe box of walking shoes is usually rounded or slightly square in shape to allow the toes to sit comfortably and not press against each other or the sides or top of the shoe.
- **Sizing** – Most people wear thicker cotton or moisture-wicking socks when walking. Selecting a size of walking shoe that accommodates for the socks you prefer is important. If you have one foot that is slightly larger than the other, which is very common, buy walking shoes to fit the larger foot.

Walking is a top exercise and one that is easy to do wherever you may be. Investing in quality walking shoes helps to prevent common issues such as foot pain, blisters, and calluses.

JUNE 2020



A father's love
Is gentle and strong
A place where you know
You'll always belong
A steady beat
In life's changing song

A mentor, a teacher
A guide and a fan
Providing support
Best he can

Sometimes close
Sometimes from afar
Holding the truth
Of who you are

Wisdom to share
Or nothing to say
Even in silence
He lights the way

A father's love
An eternal bond
A stable rock
In a familial pond
The freedom to grow
And sail beyond

Dan Coppersmith

A Treat for Father's Day

From Rhonda

Strawberry-Avocado Salsa with Cinnamon Tortilla Chips



Ingredients

- 2 tsp Olive Oil
- 6 (6 inch) whole wheat Flour Tortillas
- 2 tsp Sugar
- ½ tsp ground cinnamon
- 1 ½ cups finely chopped, peeled ripe avocado (about 2)
- 1 cup finely chopped strawberries
- 2 tbs minced fresh cilantro
- 1 tsp minced seeded jalapeno pepper
- 2 tsp fresh lime juice
- 3/8 tsp salt

Directions

- Preheat the oven to 350 degrees.
- To prepare chips, brush oil evenly over one side of each tortilla. Combine sugar and cinnamon; sprinkle evenly over oil coated sides of tortillas. Cut each tortilla into 12 wedges; arrange wedges in a single layer on two baking sheets. Bake at 350 degrees for 10 minutes or until crisp.
- Combine avocado and remaining ingredients; stir gently to combine and serve with chips

Nutrition for the Over 50s

Aging is an inevitable part of life that affects the great majority of human organs and causes changes to many bodily functions.

The situation can be worsened by health issues caused by poor nutrition, making it crucial for people over the age of 50 to know what they should and should not eat.

One good tip for the over 50s is to start to consume small but frequent meals that are easy to absorb and digest.

The consumption of the likes of sugar, undiluted fruit juice and sweetened beverages should be reduced, with more fruit eaten instead.

The over 50s should also drink a lot more fluids in order to boost digestion and make sure that they remain hydrated.

Refined cereals and grains should be replaced in the diet with wholegrain cereals and pulses.

Older people also need to keep active and avoid adopting a sedentary lifestyle.

The addition of onion, lemon, almonds, coconut water, ginger and walnuts to the diet is a good idea for over 50s as they help with muscular flexibility and healthy blood pressure while preventing water retention and swelling.



Amazing Health Tips

There are a lot of health tips out there, many of which are obvious and many of which are not, but some of the simplest tips can have the most amazingly beneficial effects on health.

One such tip is to perform neurobics for the mind.

“Neurobics” is the term coined by researchers in the United States for the performing of tasks that activate the biochemical pathways in the brain and even create new pathways that preserve and strengthen the brain’s circuits.

Such tasks can include going to work by a different route, brushing teeth with a different hand, or choosing what clothes to wear based upon touch instead of sight. People who are mentally agile tend to have much lower rates of age-related mental decline or Alzheimer’s disease. It is also important to ensure to get the daily requirement of calcium by eating yogurt or having a glass of milk. Calcium helps to ensure bones stay strong, which is important for those over the age of thirty especially as this is when bone density begins to decline.



Running Family Meetings

Family meetings are set times during the week in which family members can get together to make decisions, talk about upcoming events and schedules and share achievements and other important information.

Although family meetings can be held at different times and run in different ways, there are some things that should be kept in mind in order to ensure their success.



One good tip is to ensure family meetings have a positive tone to them. Make sure that expectations and rules are set so that family discussions can go smoothly and encourage members of the family to report their own achievements and be positive about other members.

Children in particular should be praised for being encouraging and positive toward one another.

Another good tip is to plan ahead to ensure meals and every family member's schedule is coordinated for the week ahead. When calendars have been synchronized a grocery list and weekly meal plan can be developed to allow all family members can get a say in what food to buy and what meals are made.

Artwork Inspiration Tips

The inspiration to create a new piece of art can sometimes be hard to find for artists, and when that feeling goes on for long periods something needs to be done in order to ensure new inspiration can be found.

The good news is there are some tips that can be helpful to renew an artist's passion and find some much needed new inspiration.



Keeping all relevant art supplies and tools handy is important, as having to go and get those tools and make space in a room can take up so much time and energy that the motivation to actually start working can be lost.

However, if all the art tools and supplies are kept ready and organized in the same place then a newly inspired artist can just pick up and start creating instantly without having to waste time and effort on non-creative preparation.

It is also a good idea to attend any art fairs that may be open nearby as the artwork of other artists, both famous and emerging talents, has long been a huge source of inspiration for artists.



Motorists and Finances

Driving is a part of everyday life for the great majority of people, but the cost of operating a motor vehicle is not cheap and the various expenses including insurance, fuel and tax can have a big negative impact on finances.

The good news is there are ways motorists can save money and increase their monthly disposable income while still being able to get around with their vehicle.

One of the simplest ways to cut costs is simply to drive less. Fuel is an enormous expense and while sometimes driving may be unavoidable, choosing to cycle or walk instead when possible is a great way to save money while also getting healthier at the same time.

Performing car maintenance themselves is another way drivers can reduce the cost of owning a motor vehicle.

Getting a mechanic to perform minor repairs and basic maintenance can be enormously expensive over the long term, so it is a good idea to use simple online instructions and the right tools to do such jobs yourself and ensure the car remains in good condition without breaking the bank.



FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute
14823 W. Bell Rd #100
Surprise, AZ 85374
623-584-5556
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

JUNE 2020

It's a Foot Miracle!

Restores and Protects Your Natural Moisture Balance. This unique, deep penetrating formula: Softens callused and rough areas with a soft-as-velvet feeling. Rejuvenates heel and foot for a renewed feeling of comfort and vitality, never sticky or greasy. Fresh, pleasant scent, no mineral oil or petroleum. Works wonders on elbows, knees and rough skin area. Foot Miracle Therapeutic Cream is a unique deep penetrating formula for rough callused, hard-to-soften feet.

Foot Miracle Therapeutic Cream is available for purchase in our office.



[June Dates to Remember

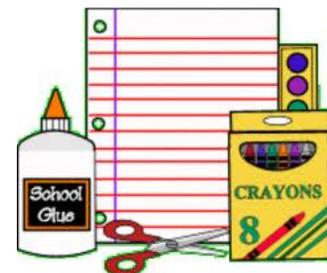
- June 7th – National Cancer Survivor's Day
- June 8th – National Best Friends Day
- June 14th – National Flag Day
- June 17th – Global Garbage Man Day
- June 19th – National Flip Flop Day
- June 20th – National Take a Hike with a Geek Day
- June 21st – Father's Day
- June 26th – National Take your Dog to Work Day

June is also:

- National Adopt-a-Cat Month
<https://nationaldaycalendar.com/national-adopt-a-cat-month-june/>
- National PTSD Awareness Month
<https://nationaldaycalendar.com/national-ptsd-awareness-month-june/>

We are collecting School Supplies

A New Leaf began as a result of community efforts to address the escalating drug concerns in public schools. A New Leaf helps bring hope and new beginnings to victims of domestic violence and their children. Through shelters, victim outreach, advocacy and shelter over-flow program, they work tirelessly to help victims break the cycle of abuse. A New Leaf supports the Autumn House Domestic Violence Shelter in the East Valley and Faith House Domestic Violence Shelter in the West Valley among others.



For the months of June and July, Fixing Feet Institute has chosen to help this wonderful organization. We will be collecting school supplies for the families in need. We have provided the most requested items below for your reference. We have collection boxes located in our reception area. Crayons – Pens – Pencils – Markers – Highlighters – Paper Notebooks – Glue Sticks – Rulers – Folders – Pencil Sharpeners – Mini- Staplers – Scotch Tape – Calculators Mini Scissors – 2 pocket folders – 3 Ring Binders – Soft Pencil Cases - Backpacks.