



## Tips For Buying Kids Sports Shoes For Healthy Feet

Buying sporting equipment can be costly for a family.

At this back-to-school time of year, the demands on the budget can really add up, but cutting costs on quality athletic shoes can have serious consequences for your child's foot health now and as they get older.



To help you to find the athletic shoes that are right for the sport and also right for your kids, consider the following tips:

- **Measure correctly** – Always take your kids shoe shopping at the end of the day. This is when their feet, and yours as well, will be the largest. Have the kids wear the types of socks they will normally wear when going in for a fitting.
- **Stand up** – Always measure the kids' feet when they are standing with their weight on both feet in a normal stance. Be sure to measure both feet and choose the shoe size for the larger foot if there is a difference.
- **Buy big** – If your child is in a growing stage, don't try to get by the season with shoes that "just fit." There should always be wiggle room at the end of the shoes to allow the toes to move.
- **Check the heel** – Have the child walk in the shoes and watch to see if the heel moves in the shoe. This will look like the heel pulling out of the shoe on the forward part of the stride. This will result in blisters to the back of the foot.
- **Ask the child** – It is a good idea to ask the child if the shoes are pinching, hurting or rubbing. Try on a few different brands and styles and then allow the child to pick the one that is most comfortable for their feet.

While it may be tempting to buy "used" athletic shoes, this is actually more likely to result in foot injuries.

These shoes may not have the support of new shoes, resulting in greater risk for a twisted ankle or even a more severe injury.

Finally, keep in mind that shoes can harbor fungal and bacterial issues so buying new instead of used really does have its advantages.

## November 2016

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 Manager and The Genie

A manager and two employees were walking to lunch when they found an antique oil lamp in the street. As a joke, they all began to rub it, and suddenly a puff of smoke produced a genie.

"Hmm," the genie said, looking at the trio. "I can only grant three wishes, so I'll have to give you one wish each."

The first employee said, "I want to be on a beach in Jamaica sipping a gin and tonic."

In a blink, the worker was gone. The second said excitedly, "I want to be in the Himalayas, climbing Mount Everest."

And a moment later she was gone. The genie looked at the manager. "And you, ma'am?"

She nodded. "I want them both back at their desks after lunch."

The moral? Always let your boss have the first say.

## Dealing With The Terrible Twos

The “terrible twos” are a common reference to what happens when young children reach a certain age. Children at this age tend to become more independent but also more stubborn and more determined to test their limits to see precisely what they can and cannot get away with.

Children in this age group can also become incredibly frustrated by their inability to find the words to be able to ask for the things they want, resulting in whining, screaming, kicking, hitting, crying and biting. Tantrums can also take place, rarely of often depending on their individual personality. The best thing you can do when your child throws a tantrum is to do your absolute best to ignore it and do not interact with them until they have calmed down, as this teaches the child that having a tantrum will not get them attention. It is crucial that you avoid becoming angry yourself and stay cool. You are the adult and need to set the example of how to behave when frustrated. Another good tip is to avoid fighting over everything and learn to pick your battles.

## Inspiration Tips For Writers

Writing is easy – sometimes. At other times however it can seem almost impossible to make anything emerge from your brain on to the paper or computer screen. All writers understand this feeling but the good news is there are ways to overcome the frustration and get inspired even on days when it just does not look like it’s going to happen. One important piece of advice is just to show up. Procrastinating writers are aware of every method and distraction in the world to avoid actually doing any writing, which means that just sitting down in front of the computer screen is a victory in itself. Turn the internet off, set aside an hour or even just thirty minutes and write.

It is also important for writers to grant themselves the permission to write poorly. Writers frequently find they are stuck as it seems impossible to turn the great idea they have in their head into the right words on the page, and that frustration can make it very tempting to just give up. Don’t do it; the best way to overcome this feeling is to just to write. Even if what you write turns out to be horrible, it can always be fixed later on, but there is nothing that can be done to save a blank page.

## How To Lead a Healthy Life

Getting enough sleep is one of the most important things anyone can do in order to lead a healthy life.

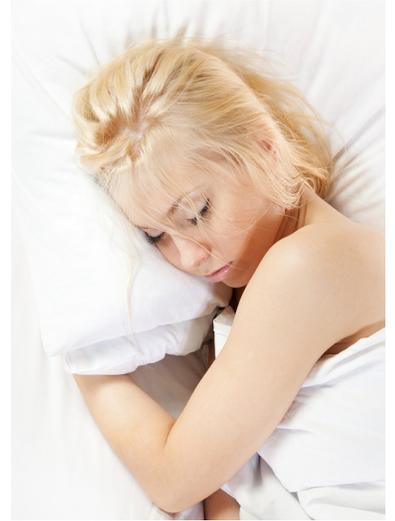
A lack of sleep - often referred to as sleep deprivation - can result in exhaustion which in turn can lead to injuries caused by carelessness as well as a number of chronic illnesses.

If you are having difficulties getting a good night’s sleep there are a number of possible causes so it is a good idea to visit your doctor for assistance with working out the underlying causes.

Paying attention to the hidden toxic elements in many common foods can also help you to lead a healthier life.

These include sodium nitrate in processed foods such as hot dogs, sausages and bacon, and hydrogenated oils that are used to prolong the shelf life of mass produced snacks but which have been linked to heart disease and diabetes.

Artificial sweeteners and diet soda can also cause prolonged exposure to the neurotoxic chemical additive aspartame, which is associated with dizziness, headaches and even nerve cell damage.



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## Keeping Kids’ Feet Healthy

The purchase of new shoes for growing children is one of the most important purchasing decisions that parents make, as it is important to choose the right shoes to help kids’ feet stay strong and healthy for years to come.

The good news is there are some tips that can help parents to choose footwear that promotes wellness and health for all children.

One thing to remember is that the size of the footwear is actually less important than a good fit. Good fits enable around half an inch of space between the end of the shoe and the end of the foot, so it is a good idea to shop at stores who offer extra assistance in the form of a fit specialist.

It is also a good idea to avoid giving children shoes that are hand-me-downs, as they are unlikely to be correct fits and end up supporting their feet in positions that are not healthy.

Parents should also avoid making online shoe purchases or just guessing as to the shoe size of their child.



# Family Budgeting

If you have a growing family then it is likely that ways to save money will be among your top concerns.

The cost of raising a family is estimated to have increased by as much as forty percent over the course of the last ten years but the good news is there are a number of helpful budget tips that can assist families to save money.



One good tip is to purchase things in bulk. The family budget can be eaten away by several trips to the supermarket in a week but money can be saved by going less often and buying items you know you will need in bulk. This will also cut down on the money you are spending on gas in order to get to the supermarket.

Another good tip is to spend family nights in the home. The cost of taking a family to see a film in the cinema is sky high these days, especially when sweets and drinks are added to the equation. It is much cheaper to stay at home and watch a film on your TV, or play a board game, or go hiking together for a healthier alternative.

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# Language Learning Tips

Learning a new language can be difficult, especially as we get older, but there are a number of ways you can get the most out of your learning experience.

Studying the vocabulary of your new language every day is a very important thing to do.

Although this can be tiresome and arduous and very tempting to get behind on it is crucial to keep this work up and one of the best methods of practice and memorization is to write it out by hand.

This not only cuts down on the likelihood of spelling mistakes but also effectively trains you to write in the form of sentences with the language in question.

A couple of hours per day spent on vocabularies will enhance your word choices enormously.

Listening to music and watching subtitle-free movies in the language you are learning is another good idea.

Choose a favorite film and watch it again and again in the foreign language until you are ready to make a comparison of your comprehension with that of the translated version.



# Protecting Yourself From Financial Fraud

Financial fraud is an all too common occurrence in this day and age, be it from the computer networks of businesses being infiltrated by hackers or other methods of identity theft.

It is easy for consumers to become overwhelmed with the amount of information out there, but the good news is there are a number of simple proactive steps that can be taken to help protect you from financial fraud.

One good tip is chip-enabled credit cards whenever possible, as this gives credit cards an additional level of protection, generating unique codes for individual purchases that prevent the information from being used by others.

Customers also need to be wary about sending sensitive information out over public email or Wi-Fi and to be aware of scam emails purporting to be from their financial institutions; such institutions would never use an email to ask for sensitive pieces of information such as ATM pin numbers or passwords.



# 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

NOVEMBER 2016

## Do your Holiday Shopping at our Office

Did you know that we sell Shoes, Sandals and Comfy, Cozy Slippers?? Who wouldn't love to wake up to a pair of comfy slippers to warm their feet on a cold morning. We can custom order a pair in the style, size and color that you choose, and have them here in time for the holidays. Stop by our office, and one of our friendly staff will help you pick out just the right pair for your loved one – and maybe a pair for yourself too!! These are just a few of the styles we have to offer.



## November Dates to Remember

- November 8<sup>th</sup> – Election Day
  - November 11<sup>th</sup> – Veteran's Day
  - November 13<sup>th</sup> – Caregiver's Appreciation Day
  - November 14<sup>th</sup> – World Diabetes Day
  - November 17<sup>th</sup> – Great American Smoke-Out
  - November 19<sup>th</sup> – National Adoption Day
  - November 23<sup>rd</sup> – Eat a Cranberry Day
  - November 24<sup>th</sup> – Thanksgiving Day
  - November 28<sup>th</sup> – French Toast Day
- November is also:
- American Diabetes Awareness  
<http://www.diabetes.org> Month
  - Nat'l Alzheimers Awareness  
<http://www.alz.org/> Month
  - Lung Cancer Awareness Month  
<http://www.lungcanceralliance.org>

## It's time for our Annual Food Drive

Every year, we at Fixing Feet Institute host a food drive to benefit the St. Mary's Westside food bank, located right here in Surprise.

Founded in 1967, St. Mary's is the world's first food bank. The idea came to founder John Van Hengel when he was volunteering at St. Vincent DePaul, serving dinner to those in need.

Today, St. Mary's Food Bank is one of the largest food banks in the United States, and proud of the impact it has had on Arizona and around the world.

Please join us by dropping of your non-perishable food donations in the bins located in our office reception area. The Food Bank will accept any food that is not perishable or packaged in glass containers. However, if you would like a list of their most needed items you can contact our office, or go to their website at <http://www.firstfoodbank.org/wp-content/uploads/2013/10/Top-Ten-Most-Wanted.pdf>

