



## If the Shoe Fits...

As the weather in Arizona cools down we tend to be outside more and active than during our hot summer months. We need to make sure we wear proper shoes for the right kind of activity to prevent injury and pain in our feet. As we increase the amount of time outside and exercising, we need to make sure we are using the proper "equipment."

Your shoes are the most important factor in preventing injury. Proper shoes and proper fit can help prevent heel pain, bruised toenails, blisters and tendonitis.

Shoes need to have proper fit to prevent blisters, irritation and heel pain. You should have about ½" between the tip of your longest toe and to tip of the shoe when you are standing. Shoes need to provide proper support, fit, cushion and be in good to excellent condition at all times.



Improper fit, poor condition with excessive wear or wrong type of shoes for a particular activity can all add up to triggers of heel pain, tendonitis and other complications that may interfere with your desired activity level.

### Key Prevention Tips:

- Do not walk outside the house without your shoes on.
- Check your shoes for tread wear at least once a month.
- Change your shoes as soon as the sole is worn down.
- Always stretch your leg muscles for a few minutes before and after you exercise.

Our goals at Fixing Feet Institute are to help you prevent injury, feel great and stay active.

Please feel free to give us a call for an appointment should have foot, ankle or lower leg pain or if you just have questions on prevention of foot problems.

## Dates to Remember...

October is Breast Cancer Awareness Month

October 22<sup>nd</sup> - National Nut Day

October 31st - Halloween - BOO!!

November 2nd - Daylight Savings Time ENDS

November 7<sup>th</sup> – Light the Nigh Walk for Leukemia & Lymphoma

November 11th - Veterans Day



## October 2014

Hello! We are pleased to send you this monthly issue of *FootPrints*. 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.

## TEAM SPOTLIGHT



In future issues of "FootPrints" each month, we will spotlight a different member of our staff, but for our inaugural issue, we decided to spotlight our entire "Awesome" team.

Fixing Feet Institute was born in 2011, a dream of both Dr. Peyman Elison and Dr. Viedra Elison, to expand their services provided to the residents of Surprise and the surrounding areas.

Their support team consists of their Medical Assistants, John and Jennifer, the Administrative staff of Jessica, Lindsey and Amber, and Sara, the Team Leader/Financial Director.

We are currently searching for more "SuperStar" people to join our team. If you or someone you know loves caring for people and has a positive attitude and a team spirit, go to our careers page at <http://www.fixingfeet.com/library/careers.cfm>, and apply.

"Success is a Team Sport, and at Fixing Feet Institute we play to win!"

## Quote of the Month

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do

- Steve Jobs

At Fixing Feet Institute, we love what we do, and strive to be Great at what we do.

## Teaching Kids to Be Organized

Although some children appear to be born with a natural inclination for routine and order, others are free spirits and need some assistance in order to discover ways to make their life run more smoothly.

Teaching children organizational skills can make family life run a lot more efficiently and cut down friction when children have to keep their rooms clean and do homework and there are some good tips that can help with this learning process.

One smart idea is to track all of the family activities on a calendar that is accessible to everyone. Every night get together and discuss the activities that are scheduled for the following day and encourage kids to check the calendar before adding any other activity.

Daily checklists are also a good idea to help keep track of homework, instrument practice or household chores.

This also teaches children how to prioritize. Teach children to prepare their clothes for the following day the night before and have everything laid out for the morning, including making lunches and packing their backpack.

Another way to teach children organization is to encourage them to have some kind of collection that can be classified, sorted and organized.

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## Avoiding Shopping Mistakes

Even with the best of intentions about healthy food and nutrition, we can still make mistakes when we actually go out to shop. There are a number of common mistakes and misperceptions that even people who thought they were well-informed can make.



One common mistake is people paying more for brown eggs rather than white in the belief that the brown eggs are better for you.

The reality is there is no truth to this whatsoever.

The color of the egg is irrelevant to its nutritional content or its taste. The only thing that makes a shell a certain color is the breed of the chicken.

Another mistake is purchasing low-fat peanut butter to save on fat and calories.

The irony here is that the fat in peanut butter is actually good for you so there is no point in avoiding it.

Low-fat peanut butter also actually has higher sugar content in order to make up for less fat, with little if any difference in calories.

When buying peanut butter, choose the one with the least ingredients, preferably with nothing more than peanuts and a small amount of added salt or sugar.

## How to Live Longer

Everyone is interested in living a long and healthy life, with even major corporations like Google throwing their considerable weight behind cutting edge scientific research devoted to longevity.



Science continues to make strides on the issue but while we wait for researchers to work out precisely how to turn back our internal clock there are a number of practical things we can do now to improve our chances of living longer, healthier lives.

It might sound odd but having a conscientious personality is the best way to live longer.

Being prudent, persistent and well organized can help you to lead a longer life because conscientious people have a tendency to make healthier choices, including where to work, who to marry, to follow doctor's orders and to not drink, smoke or engage in other risky behaviors.

Diet is also of vital importance. Many centenarians tend to eat a diet that is high in healthy fats such as olive oil as well as lots of fruits, vegetables and nuts.

This diet has been linked to everything from protection against memory loss to lower risk for heart disease and a generally healthier old age.

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## Achieving and Maintaining the Balance

There are ways to help people to achieve and then maintain a healthy balance between work and life. While no one approach will be able to suit everyone from employees to entrepreneurs to managers, such tips can result in highly productive discussions for all concerned.



One of the most important pieces of advice for those looking to achieve a healthy work/life balance is to be open about your own needs. The very first thing that people should do is work out what is really important to them and then communicate that.

You should not hide what you need or expect others to guess or understand without making it clear. An open dialogue between employees and managers is vital and managers also need to be able to understand what is possible and what works.

Boundaries also need to be respected. A healthy work/life balance is only possible if you respect your own boundaries. Develop a routine and stick to it.

There will always be another work problem or another email that needs answering but if you do not respect your boundaries then no one else will.

## Recipe Corner

### Pumpkin Bread



1 Cup Raisins

2/3 Cup Hot Water

2 Teaspoon Baking soda

3 ½ Cup Flour

2 2/3 Cup Sugar

¾ Cup Butter

4 Eggs

1 Teaspoon Cinnamon

½ Teaspoon Cloves

1 ½ Teaspoon Salt

½ Teaspoon Baking Powder

2 Cups Pumpkin

Soak raisins in Hot water while mixing other ingredients. Mix all other ingredients, then add raisin mixture. Bake at 350 degrees for 1 hour (30-40 minutes for Mini Loaves)

Makes 2 Large Loaves, or 5-6 Mini Loaves



# 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

OCTOBER 2014

## Surprising Facts About Space

There are a number of facts about space that many people would find surprising. For instance, a standard NASA spacesuit costs as much as twelve million US dollars, with seventy percent of the cost being down to the backpack and the control module. Another fact that might just take you by surprise is that we are actually made of stars.

Stars become so hot that the nuclei of their items fuse together in order to create the calcium in our bones, the oxygen that we breathe, the iron in our blood and even the carbon in our bones. According to astronomers, the biggest chance of human life being wiped out by a large asteroid will be in 2029. Although there is only a three percent chance of Earth being hit by asteroid "Apophis", if it happens that will be the end of all life on the planet, plant and animal alike.



## Eliminate Shoe Odor and Sanitize your shoes with Sterishoe

*You spend 8-12 hours a day in your shoes. Every step squeezes fungus and bacteria laden sweat between our foot and shoe.*

*Socks end up in the washing machine, but your shoes do not. Unlike chemical sprays and powders that only mask odors. "SteriShoe" is clinically proven to disinfect shoes with ultraviolet (UV) light.*

*Insert the SteriShoe sanitizer into your shoes as you would a normal shoe tree. After a 45 minute cycle, 99.9% of harmful microbes that cause toenail fungus, athlete's foot and shoe odor are destroyed.*

*SteriShoe sanitizer is now available in our office at the price of \$130 for a pair. Don't let the price scare you. Sterishoe is a reusable appliance and one unit can be used for every member of your family - over and over again.*

*Ask our staff for a demonstration.*

## Help Us Support the Leukemia & Lymphoma Society

We have made a commitment to support The Leukemia & Lymphoma Society's (LLS) Light The Night Walk.

Light The Night Walk is LLS's annual walk and fundraising event and the nation's night to pay tribute and bring hope to people battling cancer.

As you may know, Sara, our Financial Director is a Leukemia Survivor. Sara was one of the lucky ones and she went in to remission quickly following her treatment, and has remained in remission for over 12 years now. She has been giving back to the Leukemia and Lymphoma Society ever since by participating in this walk each year and by being a patient advocate, to help newly diagnosed patients to give them hope. We at Fixing Feet Institute are forming a fundraising team again this year to help Sara in her effort to give back.

For more info contact our office, or to donate online, visit <http://pages.lightthenight.org/az/Phoenix14/fixingfeet>

