



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.

October 2016

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



Go For The Quick Laugh

Jokes don't have to be longwinded. Try these one-liners out on your friends:

- I sold my vacuum cleaner—all it was doing was gathering dust.
- I give all my dead batteries away—free of charge.
- I hate elevators, so I take steps to avoid them.
- I know a man who drinks brake fluid. But he says he can stop any time.
- When will all the rhetorical questions end?
- Women really should not have children after 35. After all, 35 children are enough.
- It's hard to explain puns to kleptomaniacs because they always take things literally.
- A hard-boiled egg in the morning is hard to beat.

Maximize Professional Learning

Trying to introduce new narratives to an organization often requires some kind of professional learning for employees if it is going to be genuinely effective. This can involve creating group training sessions or more personal approaches depending on the initiative and the needs of staff members. Regardless of which option you choose, there are some tips that can help to make the most of your employees' learning experience.

One good tip is to make sure you communicate a common goal to your team. Your employees need to be clear on why the training is happening so that they can not only appreciate your honesty but also see how it will benefit their position, which will increase their motivation. It is also a good idea to highlight the knowledge that is needed for an employee to perform their function. For example, an employee being taught a computer program will probably not need to know every last detail or function, but those that are specific to the use they will be putting the program to. This will not only make the learning process simpler but again also increase their motivation to engage in the learning.

Inspirational Design Tips

An excellent method of adding individuality and character to your home is by looking for inspiration toward international trends in interior design. This can also be a lovely way of paying homage to your heritage if you have relatives or ancestors who came from overseas.

All cultures come with their own flavor of interior design stemming from that region's lifestyle, history and trends in addition to the materials that are available in that particular area.

The world has far too many beautiful trends to list here, but some of the greatest include the likes of old world elegance from Russia, the mixture of traditional charm and industrial materials in Italy and bright, light and sustainable trends of South Africa. Japan tends to go for simple and clean styles, while many in England still prefer the traditional feel of the Victorian era with lots of books, dark brown colors and plenty of wood and leather elements.

Tips To Avoid Bloating

That full, uncomfortable bloated feeling is only too familiar to a lot of people, but bloating does not have to get the better of us.

There are a number of simple nutrition tips that can help you to avoid experiencing the sensation altogether.

Unpasteurized apple cider vinegar and fresh lemons are two of the most essential items for avoiding bloating, with the former packed with enzymes that help digestion.

The digestive system is also cleaned by drinking lemon and hot water first thing in the morning, helping to get your day off to a great start straight away.

A spoonful of apple cider vinegar taken prior to eating can help a digestive system that seems to be running a bit low, and you can always sweeten it with agave, maple syrup or raw honey or just put it in hot water together with fresh lemon juice if you do not fancy consuming it on its own.

Another good idea is to avoid raw vegetables during the colder months.

Raw vegetables are full of nutrients and generally better for us than cooked vegetables, but can be more difficult to digest in cold weather.



How To Deal With Criticism

It is not easy to take criticism, even when it is justified, but it is absolutely vital for our prospects of career growth.

People who do not take on critical feedback in a positive manner are likely to remain stuck in a rut as they are less likely to be team players and will end up becoming much less important, and possibly even dispensable.

The first step is to think of such comments as feedback rather than criticism as this makes us more likely to be receptive rather than defensive, and try to view it as data from which you can enhance your mindset, skills and general output.

Feedback can actually be a big help in regards to create a stronger performance by building better habits.

It is a bad idea to dwell on negative feedback.

Try to look at it as advice to help you become more successful rather than taking it as a personal insult.



Tips For Multi-Generational Family Holidays

Family holidays that include extended family members are a great way to reconnect with loved ones and create memories that will last a lifetime.



One of the first things that will need to be done after deciding to go on a multigenerational holidays is to set a budget.

A discussion about money needs to be open and clear and remain that way for the entirety of the process. Finances can be an uncomfortable topic to begin with but if you get through that right at the very beginning it can make decision making and communication much easier when you are actually on holiday together.

Hotels may be the standard when you are just going on holiday with your immediate family, but for a large group it might be a better idea to rent a house, as they are much more economical and give a greater variety of options for everyone. Somewhere with a laundry and a dishwasher will also be a big help!

Make sure you know the kind of holiday that everyone is hoping for so that everyone can get to do what they want, be it enjoying luxury, savoring local culture or just relaxing.

How To Disagree With Senior Management

It can be difficult to communicate with senior management when you feel that you disagree with them on subjects. You need to plan what you are going to say and do ahead of time in order to get your opinions across in an effective and respectful manner.

The great majority of senior managers are rarely completely unapproachable but no one wants to start disagreeing with senior people in their company every day or they risk gaining a negative reputation, so save such tactics for issues that are really important.

One good tip is to use strategy rather than simply blurt your opinion out. Make sure that your reasons for disagreeing are sound and cannot be misconstrued as being for personal gain rather than for the good of the company.

It can also be a good idea to consult peers that you trust about your opinion. If you are unable to convince them that your view is valid, there is little hope of you doing so with senior management.

Ask an expert to go over your conclusions and prepare a presentation so as to get your disagreement across in a business-like fashion.



ON SALE THIS MONTH!!!

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.

THIS MONTH ONLY – SteriShoe is available in our office for \$100 for a pair. This is a \$30 savings off the suggested retail price. 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.

** This offer is only available while supply lasts.*



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

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Fun Hot Dog Trivia

Hot dogs are an American tradition but there is plenty of fascinating trivia about them the most beloved cooked sausage in the United States that many people are unaware of. For instance, between Memorial Day and Labor Day Americans consume up to as many as seven billion hot dogs. Two thousand of the legendary hot dogs in Chicago are bought at O'Hare Airport every year, six times as many as are purchased at New York's La Guardia airport and the Los Angeles airport put together! Major League Baseball games witness twenty million hot dogs being eaten per annum, with the most being eaten by Dodger fans, who consume around three million every season! A beef hot dog of normal size contains around a hundred and fifty calories, which is still fifty percent less than the amount found in most hamburgers. Beef hot dogs are preferred by sixty percent of consumers, primarily older people, with the younger demographic more likely to choose chicken, pork or even veggie hot dogs.

October Dates to Remember

October 2nd – Rosh Hashana
October 4th – National Golf Day
October 6th – Physician Assistant's Day
October 7th – World Smile Day ☺
October 9th – Fire Prevention Day
October 10th – Columbus Day
October 11th – Yom Kippur
October 16th – Boss's Day
October 23rd – Mother-In-Law's Day
October 31st - Halloween
September is also: Breast Cancer Awareness Month
<https://www.bcrfcure.org/>
Down Syndrome Awareness Month
<http://www.ndss.org/>

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 14 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/Phoenix16/FixingFeetInstitute>

