



Now The Days Are Getting Shorter....

Well the weather has changed now, but with the onslaught of winter, there is one thing that happens to many people. They hibernate for the season, and stop moving. By that I mean, stop going for walks, etc.

The benefits of walking are astounding, from reducing your weight and blood pressure, it can also improve your mood, and improve your immunity, not to mention you will get a shot of vitamin D by being in the sun.

Just because it is cold, that does not mean you have to totally stop walking, try later in the day (if you don't go to work), or joining a gym and walking on a treadmill.

If you keep mobile this winter, it will help your long-term health. And of course, being a Podiatrist we can help you out there, we have a great article on shoes in this month's newsletter, and remember if you have an queries contact us on 9542 3491. Til next time, Narelle ☺

Shoes, Shoes and More Shoes

From ancient Egyptian times and through the centuries, footwear has been designed to meet mankind's real and apparent needs – protection, support, comfort and sturdiness. Children, women, men, the elderly and athletes all have different requirements when looking for a shoe – all varying with activity.

Tips For Choosing Shoes

Children – Although fit is the most important consideration, function is also a significant factor. For children that have reached the stage of stable walking, footwear with rubber soles helps cushion impact on growing feet

much better than the thin soles of 'dressier' shoes.

Women – Women seem to inflict punishment on their feet by wearing shoes, especially to work, that they feel obliged to wear which bring about unnecessary problems. High heels in particular attribute medical, safety and postural problems. There is a range of comfortable, stylish working shoes for women available from footwear stockiest such as Kumfs, Frankie 4, and Bared. Another way is to rotate the time you wear high heels with flats or jogging shoes.

Men – Cushioned soled shoes that give good support are essential for men who are all day on their feet. Men and women alike

Weird Facts

- In a year, the average person walks four miles making their bed.
- Koalas and humans are the only animals with unique fingerprints
- Sound at the right vibration frequency can bore holes through solid objects

“Worry never robs tomorrow of its sorrow. It only saps today of its joy”

Leo Buscaglia





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Centre we only have
one goal, which is to
have our clients walk
out the door
delighted!"**

Shoes, Shoes and More Shoes (2)



should match the type of shoe to the activity.

Athletes – Sports specific athletic shoes are a wise investment for committed athletes, the correct shoes re needed for the corresponding sport. Athletic footwear should be fitted to hold the foot in the position that's most natural to the movement involved.

General Tips When Buying Shoes:

- Have your feet measured while you are standing up
- Never just try on one shoe – always have a walk around in both
- Don't rely on the size of your last pair of shoes, feet do get larger and smaller
- Shop for shoes later in the day, as they tend to swell by the end of the day and are good to be fitted at their largest
- Select a shoe with a leather upper, rigid heel counter, enough cushioning and flexibility at the ball of the foot
- Always try and take good care of your shoes through cleanliness.

If you are not sure about your shoes, don't hesitate to contact us on 9542 3491

