

Feats

Great Feats of Summer: Keep Your Pups Happy During Your Next Adventure

All too often the excitement of an upcoming vacation can cloud your head while you're packing your bags. But it's important to put aside your distractions and make sure you're prepared from head-to-toe. Your feet probably don't hurt now, standing over your suitcase, but they have to take you everywhere you're going on your trek. Keep in mind these simple tips from the American Podiatric Medical Association, and your vacation won't be grounded by pesky foot problems.

Tackle the Mountain



Whether you're hiking for a day or backpacking for a few weeks, the footwear you choose will be paramount to getting you to your destination.

- *A sturdy trail shoe, such as the Gel-Trail Sensor from Asics, is perfect for a one day excursion*
- *For longer treks, you'll want a quality hiking boot that not only provides support, but is also made of a breathable material such as leather.*
- *Be sure to change your socks often and give your boots a chance to dry out every night to avoid the build up of bacteria and fungus.*
- *An anti-bacterial or deodorant spray can help knock out odor. Try Gold Bond Medicated Foot Powder and Foot Spray.*



Golf Getaway

If you choose the lush fairways and stunning vistas of a golf vacation, be sure you're ready to hit the ground running. "Though golf shoes typically last longer than other athletic shoes, you still want to replace them regularly," said APMA Director of Scientific Affairs Dr. Jim Christina.

- *If you play regularly, replace golf shoes every two to three years.*
- *Check out Ecco golf shoes, they have the APMA Seal of Acceptance.*
- *If you playing more than 18 holes a day, change your socks after each round.*
- *Choose socks that are made of a poly-cotton blend to wick away moisture and reduce friction in your shoes.*



City-Scaping



Tackling the urban jungle can be exhilarating and draining. Your feet are sure to bear the brunt of your pavement pounding as you explore all the sights and sounds of the city. Use common sense when you pick a shoe for the day.

- *Running or walking shoes with quality support and cushioning are a great choice.*
- *Inserts can help with shock absorption. Try a quality over-the-counter insole from Spenco or SuperFeet.*
- *Save flip-flops for occasions when you won't be walking for an extended period of time.*
- *A night on the town requires a shoe with a wide toe box to give your feet plenty of room.*
- *Wind down the day with a warm foot soak. Be sure to fully dry your feet before heading to bed, paying special attention between the toes. Try AmLactin Moisturizing Lotion.*

For more information or to speak with a podiatrist, contact:

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