

# TOP TIPS FOR HEALTHY WINTER FEET



## WEAR THE RIGHT SHOES

When hitting the ski slopes, outdoor hiking trails or shops, do not compromise comfort and correct fit. Protect your feet from blisters, calluses and ankle injuries with the right shoes for the situation.

## WATCH FOR ICE AND SNOW

Winter wonderlands can be beautiful but also dangerous for ankles. Use caution when traveling outdoors and watch for ice or snow patches.

## KEEP YOUR FEET DRY

Damp feet can cause cold feet and can be just as harmful. Wearing moisture-wicking

socks will help keep feet dry from internal wetness caused by sweat, while water-resistant footwear will ward off external weather elements that can cause dampness.

## LISTEN TO YOUR FEET

Do not let foot pain ruin your winter fun; inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters or calluses. If you have any issues, see your local podiatrist.



**Australian  
Podiatry  
Association**