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