

# 5 Simple Exercises to Help Keep Your Feet Healthy

## 1. Point Your Toes



Sit in a chair with your feet flat on the floor. Lift one foot and point your toes toward the ground. Hold for 5 seconds. Repeat 3 times with each foot.

## 2. Raise Your Heels



Stand up and lift your heels so that you are standing on the balls of your feet. Hold for 10 seconds. Repeat 3 times.

## 3. Curl Your Toes



Sit in a chair with your feet flat on the floor. Lift one foot and curl your toes in. Hold for 3 seconds. Repeat 3 times with each foot.

## 4. Raise Your Toes



Sit in a chair with your feet flat on the floor. Keep your heels flat on the ground and raise your toes. Hold for 5 seconds. Repeat 3 times with each foot.

## 5. Spread Your Toes



Sit in a chair with your feet flat on the floor. Spread your toes apart. Hold for 5 seconds. Repeat 3 times with each foot.



**GREAT JOB!**

Always remember that healthy feet are happy feet!