

# Foot care tips for healthy feet

Check your feet every day



Wash your feet every day



Never go barefoot



Wear shoes that fit well



Have your doctor handle corns, calluses, and toenail trimming



Choose feet friendly activities



Wiggle your toes to increase blood flow



Get your feet checked at every health care visit



# Your Guide To Foot Care

**RM Cervero**



## **Your Guide To Foot Care:**

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Your Guide To Foot Care** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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