

## 10 tips for healthy feet - keep fit!

Who doesn't know the feeling?... Aching feet - whether it's after a long day at work or doing exercise! Our feet are actually designed for running barefoot on natural surfaces. Instead, day in, day out, we squeeze them into footwear that is intended more to keep up with fashion trends than to suit the needs of our feet. Just 15 minutes a day can be enough to keep your feet in shape and relieve the stresses and strains of the day. You'll be doing you and your feet some good - they'll thank you for it!

Below, we have put together a selection of exercises for you:

### EXERCISES



### The "C arch"

While seated, hold your foot in both hands. Grip the joint of your big toe with one hand and the little toe with the other, as shown. Now roll the two toes towards each other. This forms a symmetrical C-shaped arch. Repeat this exercise 10 to 20 times or more.

Tip: Keep the movements gentle in this exercise! This is an easy exercise!

Time required: approx. 3-5 minutes



### Ripping a newspaper

Sit on a chair and place both feet on a newspaper. Grip the paper with your toes and slowly tear it up, sheet by sheet. Try to rip the newspaper into lots of little bits. Practice for at least one minute.

Tip: This exercise is quite hard!

Time required: approx. 1 minute

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### **The "foot spiral"**

Sit comfortably on the floor so that your right foot and calf form a right-angle. Put your right hand round your right forefoot and your left round the heel. Now gently "wring out" your right foot like a wet towel. Turn the heel inwards and the forefoot outwards. Repeat this exercise 10 to 20 times or more.

Tip: Keep the movements gentle in this exercise and do not force your foot against any resistance. This exercise is quite hard!

Time required: approx. 5 minutes

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### **"Picking up a towel"**

Sit on a chair and put one foot on a towel. Now grip the towel with your toes and try to pick it up. Practice for at least 30 seconds.

Tip: You can also do this exercise standing up, which makes it even more difficult. This exercise is quite hard!

Time required: approx. 30 seconds

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### **"Knotting a cord"**

Lay a piece of cord of average thickness and about 1 m long on the floor and sit in front of it on a chair. Grip both ends of the cord with your feet. Now try to knot the cord. Repeat the exercise 5 times.

Tip: This is a difficult exercise!

Time required: approx. 2 minutes

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### **"Ball massage"**

Roll a tennis ball quite hard back and forth over the sole of your foot. "Treat" the whole sole of your foot from the forefoot area to the heel. Do the exercise for as long as you like or find it comfortable.

Tip: You can also do this exercise sitting down. You can stimulate your feet even more by using a massage ball.

Time required: approx. 3 minutes

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### **"Writing"**

Lay a sheet of paper on the floor. Sit in front of it on a chair and put one foot on the paper. Wedge a pen between your big and middle toe. Now write a word, e.g. Bauerfeind. Practice for at least 3-5 minutes.

Tip: This exercise is quite hard!

Time required: approx. 3-5 minutes

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### **"Tiptoe"**

Stand with both feet parallel. Now briefly stand on tiptoe and rotate your heels 10 times to the right and 10 times to the left, without putting your heels to the ground.

Tip: Do this exercise regularly and several times a day, especially while brushing your teeth! This exercise is quite hard!

Time required: approx. 3-5 minutes

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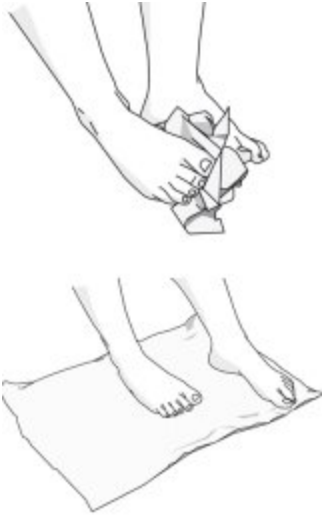
### **"Rolling a ball"**

Sit on a chair and raise your feet in the air. Hold a medium-sized ball between your feet. Grip it firmly with the balls of your feet. Now roll the ball from the balls of your feet back towards your heels, without letting it fall. Afterwards, give your legs a good shake. Repeat the exercise 5 times.

Tip: This is a difficult exercise!

Time required: approx. 3-5 minutes

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### **"Crumple up a paper and smooth it out again"**

Sit on a chair with a piece of paper in front of you. Put your feet on the paper. Now crumple up the paper with both feet as much as you can. Then unfold the paper again with your feet and smooth it out. Repeat this exercise twice.

Tip: This is a difficult exercise!

Time required: approx. 1-2 minutes