



Exercise your feet

Without strong and flexible feet, walking, running, and other kinds of movement may become painful.

Just like every other part of your body, your feet need exercise. Next time you work out, include these movements for healthy feet:

- **Ankle circles:** Keeping your leg still, slowly circle your ankle four or five times in one direction, then switch.
- **Calf raises:** Standing near a wall or other support, lift up onto the ball mounds of your feet, then slowly lower back down 10-20 times. Focus on lifting straight up and straight down.
- **Toe lifts:** Standing on bare feet, try lifting your big toe without moving your ankle or other toes. Then keep your big toe down and lift your other four toes together. Alternate back and forth.
- **Pick up a marble:** Either standing with support or sitting in a chair, try picking up a marble or other small object using your toes.

