

MARCH 2023

HEALTHY
LIFESTYLES

MARCH INTO MAY

WELLNESS THROUGH STEPS

HAPPY FEET

How to walk
correctly and best
feet practices.

MENTAL HEALTH

How walking
affects our daily
mental health.

THINK ON IT

What to think
about during your
daily movement

HAPPY FEET



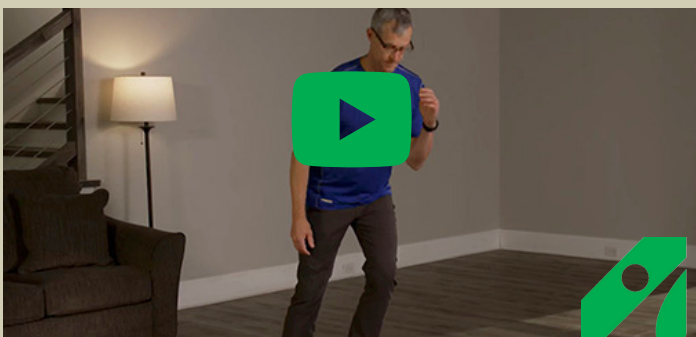
Walking is a wonderful way to get movement without being too strenuous on the body. Even just 10 minutes a day, can help the mind feel invigorated and our body refreshed. Whether you are a veteran walker or new to the sport, it is important to learn the basics of foot care.

1. **Selecting the Right (& Left) Shoe.** Shoes are marketed for different activities because they are made to absorb impact differently. So make sure your shoes are for the correct activity.
2. **If the Shoe Fits, Walk in it.** Shoes should be snug, while not being too tight or too loose. This ensures you get proper support and alignment. Also, make sure the tread on the bottom of the shoes are not worn through and that there is still the necessary arch support.
3. **Happy Feet.** Our feet do a lot of work, and deserve a little pampering. Wash your feet daily. Use moisturizer to keep them soft. Make sure to inspect them daily for cuts, blisters or callouses. Be sure to keep toenails trimmed short to prevent impact injury,

Stretching is super important to foot and body health. Any time we move our body and strain our muscles it is important to stretch those muscles and tendons back out. Stretching is key to preventing injury and creating healthy movement habits. If you need more information on walking tips and healthy feet check out our workshops to the right. For stretching ideas check out the link below to find stretching activities from the arthritis foundation.



[Walking 101 Workshop](#)



[Podiatry: Keeping Your Feet and Ankles Healthy Workshop](#)



MENTAL HEALTH THINK ON IT

Mindful Practice

We live in a world full of inflation, wars, and unrest which can weigh heavily on our minds. This topped with our personal struggles emphasizes the importance of self reflection and mindfulness.

It can be difficult to imagine adding even one more thing to our plate. So here are some tips on how to use tasks we are already doing and turn it into time for self reflection.

- Park at the furthest parking spot and practice box breathing during your walk to the entrance.
- Remove all technology 30 minutes before bed.
- Play soothing music during your cleaning routine.
- While brushing your teeth take two minutes to close your eyes, pin point tension in your body, tighten it and release it.

Walks in Nature

"Can group walks in nature buffer the effects of stressful life events on mental health?"

YES!

A 2019 study found that participants who walked in nature regularly weathered the stressors of life with more ease and created an 'undoing' affect on their anxieties.

Our recommendation: find ways to get out in nature and explore.

Need ideas?

- Grab a friend, neighbor or significant other and explore a new hiking trail.
- Walk the paths at the water conservation gardens.
- Explore Tracy Aviary and the beauty the gardens have to offer.
- Take your furry friend for a walk around the nearest dog park.

What to think about

You have set aside time every day to walk. You have made a goal and are committed to keeping it. Now what do you do with your brain?

- Practice deep breathing techniques while walking.
- Consciously bring forward your anxieties of the day, acknowledge them and then let them go.
- Listen to a podcast to help reset your brain and give it a break from its normal thinking. Healthy Lifestyles Wellcast is a great option!
- Use this time as a time of self reflection. Check in with how you are feeling and create a plan in your mind on how you will accomplish the next goal of the day.
- Refuse negative self talk. If your mind turns to the negative consciously replace each thought with a positive self-affirmation.

Box Breathing
Tutorial

