

Protect Your Feet this Summer



Summertime is here and so are sunny days spent splashing in pools and relaxing on the beach. As you enjoy your summer, don't forget to look after two of the most important and neglected parts of the body – your feet. **The American Podiatric Medical Association offers the following tips on how to protect your feet from salt water, sand, and other summer scares:**

- Apply sunscreen to feet, especially the tops and fronts of ankles.
- When out of the water, wash and dry feet thoroughly, especially between the toes, and apply a topical anti-fungal medication on any cracked or itchy skin. Clean, dry feet resist disease.
- Take special care of toenails, which are especially vulnerable around damp areas.
- To avoid toe and ankle injuries, wear shoes that are specific to the activity or sport you're participating in.
- Give yourself plenty of time to break in new shoes before going on trips where you'll be doing lots of walking.
- When in the ocean, be cautious of jellyfish that often sting at feet and ankles and sharp coral that can cut the undersides of feet. Keeping sandals or water shoes on at all times is a good idea to prevent stings, cuts, and other injuries.

Source: American Podiatric Medical Association, www.apma.org

Help Your Children Slim Down

The National Institutes of Health recommends these tips to keep your child slim:

- Let kids help with the grocery shopping. Teach them how to read nutrition labels.
- Base meals on healthy choices such as lean meats, fruits, and vegetables.
- Eat together as a family.
- Avoid mindless eating in front of the TV.
- Avoid using food as a reward.
- Exercise with your kids. Take family walks or bicycle rides in your neighborhood.
- Praise your children with positive compliments. Avoid putting them down or making them feel unworthy because of their size.

Pedal Your Way to Safety



For many people, bicycling is a favorite pastime and way to stay fit. **If you enjoy bicycling, remember these tips:**

- Never ride out into a street without stopping first.
- Obey all traffic signs and signals.
- Before you get on your bike, put on a safety-approved helmet.

- Ride with the flow of traffic.
- Be alert for road hazards.
- Use hand signals.
- Watch for vehicles pulling out of driveways and alleys.
- Maintain the condition of your bike.
- Wear bright colors and reflective stripes to make sure you can be seen.

For the Record... Habits Can Be Changed

Achieving your goals or desires for health and fitness often requires changing your thinking, and one of the best aids is keeping a journal of your daily nutrition, physical fitness, and accompanying thoughts. Your physical person is more than just what you eat; it's also the result of what you choose to put into your workouts. And it's heavily influenced by how you feel, which is directly related to what you think about yourself. They all must work together if you want to be healthy and fit.

Although it takes a sincere commitment to journal your daily life, the habit pays huge dividends. For instance, keeping track of what you eat can be an eye-opener. You're far less likely to eat unhealthy foods, such as cookies or candy, when you know they will be listed in the daily record of caloric intake. Journaling can help you see patterns or habits – bad and good – that you wouldn't have recognized otherwise.



It feels good to eat right, exercise regularly, and think positive thoughts. Seeing improvements on your record of the reps and types of exercises alongside a list of good food choices and positive thoughts is a real motivator. When they work together, results are maximized.

So if you know that exercise and healthy food choices make you feel wonderful, why don't you automatically choose wisely? Journaling may help uncover the answer. For instance, if you lack sleep, you may notice that you tend to eat easy types of food that are more carbohydrate-related or that you drink highly caffeinated products. Your body may be on a cycle of quick fixes for lack of energy followed by energy crashes. Switching to natural, healthy foods will give your body the true energy it needs as well as make you feel good.

By journaling the foods you're eating, the physical exercise you engage in, and your daily thoughts, you can see what makes you tick and how you can adjust your habits to become the most balanced individual you can be. A balanced life leads to a happier one!

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