

Factsheet 3

The feet contain approximately 250,000 sweat glands that excrete as much as half a pint of moisture every day.

There are times when you're walking that the pressure on your feet exceeds your body weight, and when you're running, it can be three or four times your weight.

Shopping for shoes is best done in the afternoon, says the American Podiatric Medical Association. Your feet tend to swell a little during the day, and it's best to buy shoes to fit them then. Have your feet measured everytime you purchase shoes, and do it while you're standing. When you try on shoes, try them on both feet; many people have one foot larger than the other, and it's best to fit the larger one.

It is important that women wear correctly fitting footwear as on average they walk 3 miles further every day than men.

A child's foot evolves from toddler (containing 45 pieces of developing bone) to adult (in which most of the bone have fused together) by the age of 18. During this growth period, the soft bones must be carefully supported and allowed sufficient room to grow.

Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being.

The average growth rate for children aged between 1-4 is 2 1/2 sizes per year. Between 5-10 years average growth rate 1 size per year.

Trim your toenails straight across with clippers specially designed for the purpose. Leave them slightly longer than the tips of your toes.

An individual child's foot may grow up to 4 sizes in a year particularly during infancy.