



February 2025 Newsletter

February Foot Care: Love Your Feet!

February is flying by, but there's still time to show your feet some love! Whether you're staying active, battling winter dryness, or just looking to keep your feet in top shape, we've got tips and services to help you stay comfortable and pain-free.

Heart Health & Your Feet

Did you know that your feet can reveal signs of heart disease? Poor circulation, swelling, or cold feet may indicate underlying cardiovascular issues. If you experience these symptoms, schedule an appointment with our specialists for a comprehensive foot evaluation.

Winter Foot Care Tips

- Keep your feet warm and dry with moisture-wicking socks.
 - Moisturize daily to prevent dry, cracked heels.
 - Choose supportive footwear with good traction to prevent slips and falls.
 - Check your feet daily, especially if you have diabetes, to avoid unnoticed injuries.
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Funny Pun of the Month "February might be the shortest month, but don't let foot pain cut your steps even shorter! Step in for a check-up today!"

Healthy Recipe: Heart-Healthy Berry Smoothie

Start your day with this delicious and nutritious smoothie packed with antioxidants and heart-friendly ingredients!

Ingredients:

1 cup mixed berries (strawberries, blueberries, raspberries)

1 banana

1/2 cup Greek yogurt

1/2 cup almond milk (or your choice of milk)

1 tablespoon chia seeds

1 teaspoon honey (optional)

Instructions:

Combine all ingredients in a blender.

Blend until smooth.

Pour into a glass and enjoy!

This smoothie is not only great for your heart but also provides essential nutrients to keep you energized throughout the day!

Featured Service: Custom Orthotics

Are foot pain and discomfort slowing you down? Our custom orthotics provide the support and relief your feet need. Whether you're an athlete, on your feet all day, or dealing with chronic conditions like plantar fasciitis, we can create a custom solution just for you!

Call us today to schedule a fitting!

Keep Your Feet Healthy Through the Rest of Winter!

February may be short, but there's still time to focus on foot health! Whether you need a check-up, treatment for winter dryness, or expert advice on foot care, we're here to help.

Schedule your appointment today! (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!



Wishing you a happy and healthy February!

Your Sol Foot & Ankle Centers Team

