



## Sol Foot & Ankle Centers March 2025 Newsletter

### Marching Into Spring with Healthy Feet!

Spring is just around the corner! As the days get longer and temperatures start to warm up, it's the perfect time to step up your foot care routine and ensure your feet are ready for all your favorite springtime activities.

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### Big Savings on Brooks Shoes – While Supplies Last!

Looking for a great deal on Brooks shoes? Stop by our Cherry Ave location, where select models—regularly priced at \$120–\$160—are now on sale for as low as **\$59.95!** Hurry in while sizes last—once they're gone, they're gone!

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### Spring Forward: Foot Health Tips

Swap out winter boots for breathable, supportive shoes.  
Keep your feet fresh by moisturizing and exfoliating dry winter skin.  
Don't forget sunscreen on exposed feet when enjoying the outdoors!  
Check your shoes for proper arch support and cushioning.

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### Funny Pun of the Month

"March on in for a foot check-up—because healthy feet are always a step ahead!"

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### Springtime Quinoa Salad

Light, refreshing, and packed with protein!

**Ingredients:**

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/2 cup feta cheese, crumbled (optional)
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 1/4 cup toasted almonds or sunflower seeds
- 1/4 cup dried cranberries (for a touch of sweetness)

**Dressing:**

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp honey or maple syrup
- 1 tsp Dijon mustard
- Salt & pepper to taste

**Instructions:**

1. In a medium pot, bring the quinoa and water (or broth) to a boil. Reduce heat, cover, and simmer for 15 minutes or until the quinoa is fluffy. Let it cool.
2. In a small bowl, whisk together the dressing ingredients.
3. In a large bowl, combine the cooked quinoa, veggies, herbs, cheese, nuts, and dried fruit.
4. Drizzle the dressing over the salad and toss to combine.
5. Serve chilled or at room temperature. Enjoy!

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**Featured Service: Sports Injury Prevention & Recovery** ♂

With spring sports and outdoor activities picking up, make sure your feet are ready to keep up! Our podiatrists specialize in preventing and treating sports-related injuries to keep you active and pain-free.

Call us today to schedule an evaluation!

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**Happy St. Patrick's Day!**

May your feet stay happy, healthy, and blister-free this March!

Schedule your appointment today! (562) 433-0478

[www.solfoot.com](http://www.solfoot.com)

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

Wishing you a wonderful and healthy March!

Your Sol Foot & Ankle Centers Team