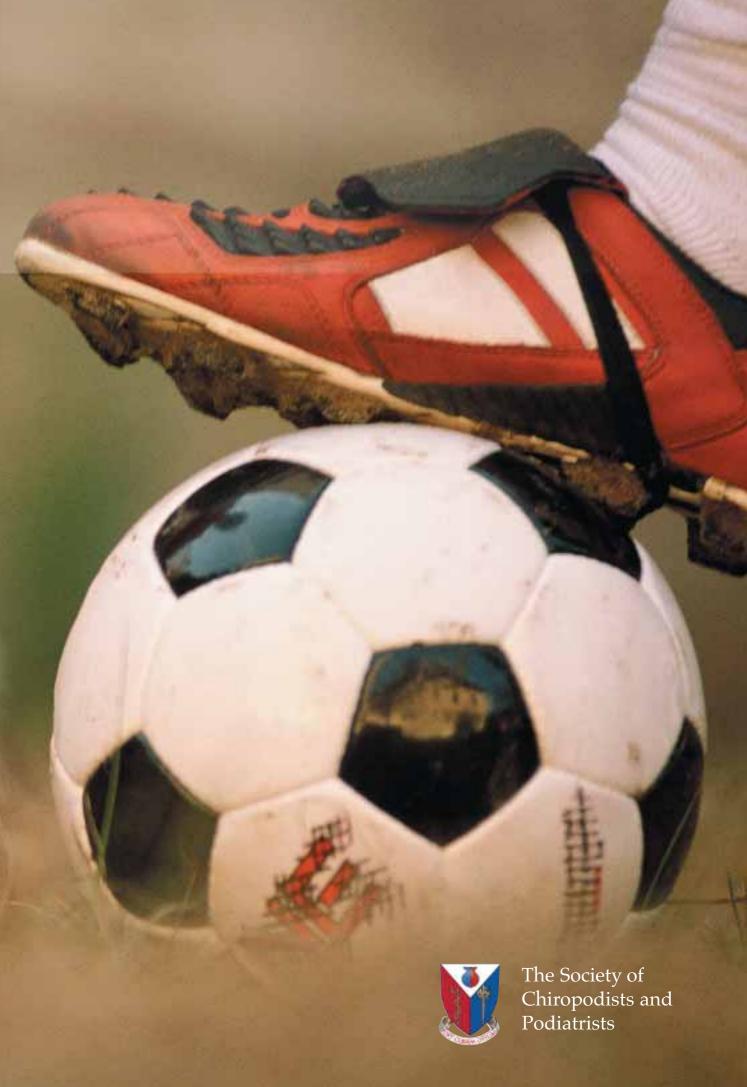
## HealthyFeet SportySoles

- 1. Warm up with stretching exercises
- 2. Warm down after playing the sport
- 3. Choose the correct shoe for each sport
- 4. Wear only good quality, well fitting socks
- 5. See a podiatrist if foot pain is prolonged



For further information please see www.feetforlife.org