

HAPPY NEW YEAR



BLOG

Visit our blogs for the latest info on foot care!

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Advanced  
Footcare  
Clinic



*"We let success go to our feet!"*

E-Footnotes

Winter 2011

...a newsletter about kids for the entire family!



### Whose feet are those?

After a long sleigh ride on Christmas Eve, Santa took a vacation 'Down Under'! E-Mail us the animal he is with and get a free gift!

E-MAIL ME!



Get Ready for Gym Class

### 'Step Alive Shoes' Top Pediatric Shoes

Click Here to get a downloadable brochure of the 'top' 2011 recommended children's shoes for both functionality and comfort. A valuable resource when shopping for your kids shoes!

comfortable & **toasty**  
CLOGS FOR THE ENTIRE FAMILY

**crocs** Keep Your Toes Warm

**Free Shipping on Crocs when you order here! Just Click the Banner Above!**



Click Here to Order your FREE Pediatric book 'Got Feet'. Children's foot pain is not Normal!

### Healthy Shoe Shopping for 2<sup>nd</sup> Semester!

As parents and children begin the new year hunt for deals on school items, shopping for healthy shoes should top the "must-buy" list for more important reasons than just a fashionable new look. Well-fitting shoes not only reduce the incidence of foot and ankle injuries in kids, but also encourage physical activity, helping to decrease the likelihood of childhood obesity.

If your child's feet hurt, he or she will be far less likely to participate in outdoor sports and other activities that keep him or her moving and physically fit. With childhood obesity considered an epidemic today, it is vital that parents take just a few moments during this busy back-to-school shopping season to select a shoe that provides adequate support and fits properly. It is one of the easiest ways to keep your child pain-free and healthy.

Shopping for healthy shoes, however, can be a daunting task without knowing what to look for—but the following tips can make your school shoe purchases easy, smart, and safe: **READ MORE**