

FROM BIRTH TO BEYOND



FEET FOR LIFE

TODDLER

SCHOOL CHILD

ADULT

OLDER PERSON

1. Ensure your child wears appropriate footwear fitted by a trained shoe fitter.
2. Check your child's feet regularly to catch any problems early.
3. Always use the correct shoe for each form of exercise.
4. Having a good foot care routine will help keep you walking in later life.

For more tips and advice on how to look after your feet whatever your age talk to your podiatrist today.



The COLLEGE
of PODIATRY

www.feetforlife.org