

Foot Notes

Oregon Foot Care Centers

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With spring coming on and the good weather starting again, get out and walk!

Useful tips for walking and fitness

A walker's motto: "Always be prepared." Keep a pair of your walking shoes in your car. You never know when you'll have the opportunity to squeeze in a 10-minute walk.

Why weight?: A weight gain of 11 - 18 pounds increases your risk of heart disease by 25%. More than 25 pounds and your risk goes up 200% - 300%.

Step'n out! The average person takes 9,000 steps each day. In a lifetime that is 3.5 trips around the Earth.

New soles! Your walking shoes should be replaced about every 500 miles. Special tip: buy two pairs of shoes to walk in. Wear one pair to walk regularly in and wear the other pair just on Sundays. When you begin to feel the difference between the two pairs of shoes, it's time to buy a new pair of shoes. Now use your previous Sunday pair for your regular walks and your new shoes as your Sunday pair.

Head for the hills! To increase body toning, cardiovascular fitness and calorie burn, walk uphill.

A man's and women's best friend. Does your dog insist you take her (or him) for a walk? Look for a retractable leash. It can help free up your arms so you can keep pumping them and that will help you get as much or more benefit from your walk as Fifi (or Fido)!

Keep on walkin'. About 80% of hospital admissions are the result of bad health habits such as leading a sedentary lifestyle. Don't let you or someone you love become a statistic. Get them up, out and walking!

A good idea. Freeze water in your water bottle. It will melt slowly while you walk so you'll have a constant supply of cold, refreshing water.

More work, less play? Since 1970, working Americans have seen their leisure time drop from 26 to 17 hours per week. Walking is a perfect way to fill this precious time.

Don't be a statistic! Twenty-five percent of people who start an exercise program quit the first week. Another 25% quit within the first six months.

Roughing it! Walking on a rough but level track requires 50% more energy than walking on a paved road.

In the fast lane! Do you know how fast you are walking? To get a close estimate, count the number of steps you take in a minute and divide by 30. For an example, if you take 120 steps you would be walking about 4 mph.

A little bit goes a long way. The risk of heart disease, high blood pressure, cancer and diabetes can be reduced just by taking the dog for a walk, climbing the stairs or sweeping the driveway.

Adapted from Active.com



April
Special
Biofreeze

Buy 2 get
3rd 1/2 off

Reg. \$13.00

**April is National
Stress Awareness
Month**

What better way
to combat stress
than getting out in
the fresh air and
walking!!



Tip of the Day

If you like wearing nail polish, give your nails a break. Polish can starve the nails of oxygen. Take a week-long break after two solid weeks of polish.

Recipe Corner

Split Pea Soup

A great way to use up leftover ham!

1 onion, chopped

1T. butter

4 cups water (I like a thick soup so sometimes I cut down on the water a little)

1 can chicken broth (14-1/2oz.)

1-1/2 cups dried split peas, rinsed and any shriveled peas removed

1 cup cubed ham, fully cooked (I like to add the bone too if I have one, adds a lot of flavor. Just remove before serving)

3 bay leaves

1-1/2 to 2t. salt

1/2t. dried rosemary, crushed

1/4t. dried thyme

1/2t. pepper

In a large saucepan, sauté onion in butter until tender. Add remaining ingredients. Bring to boil; reduce heat. Cover and simmer 1 hour or until peas are tender. Discard bay leaves and ham bone if used. Makes 6 servings.



Welcome our newest member to Oregon Foot Care Centers!



Audette was born and raised in San Francisco, CA. She moved to Beaverton with her husband and 4 children in 1994. Her past employment has been in both medical and dental fields including several years as a medical assistant with the American Red Cross. A few of her favorite things would be her 3 grandchildren, glass art and exploring the beautiful Pacific Northwest!