

Caring For Your Legs And Feet

Caring For Your Legs And Feet - Caring For Your Feet With diabetes, it ... Wriggle your toes and flex your feet up and down. Try not to cross your legs for long periods of time. Don't smoke. How to Care for Your Feet and Toenails. Your feet are two of the most abused and often used parts of the body, what with all the walking and running that ... We demand a lot from our feet, so they must be cared for. Exercises, stretching, and proper footwear can help. Learn how to care for your feet here. 7 Tips for Caring for your Legs and Feet. Incorporate these seven tips into your daily routine either before, during, or after work. Preferably, ...