

USA WEEKEND

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USA WEEKEND
PARTNERS WITH
Men'sHealth
FOR A

SPECIAL HEALTH REPORT:

Gut reaction

Guys, your middle is a top priority

- ▶ Why it's so important
- ▶ Measuring your health risk
- ▶ Expert weight-control advice
- ▶ How to get rid of that "beer belly"

ThinkSmart:
Six great
roller coasters

Exclusive verse by
*Prairie Home
Companion's*
Garrison Keillor

Kirk Cameron and
the *Left Behind*
phenom



FOOT PAIN: Fix it with exercise and longer shoes

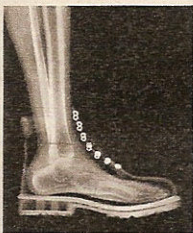
BY SUSAN T. LENNON

FEET HURT? Exercising them can help. Also, wear correctly sized shoes so your tootsies can move inside.

"A lot of people wear their shoes too short," says podiatrist Suzanne Belyea, the medical director for foot.com. "The feet are squeezed, the toes don't move, and the foot ends up being carried by the shoe when you walk — rather than being exercised naturally."

SHOE-BUYING TIPS

Here are pointers from podiatrist Tracey Vlahovic, who teaches at Temple University School of Podiatric Medicine.



NONSTOCK/JUPITER IMAGES

- **Steel-toed boot-wearers.** Give an over-the-counter insole a try, or see a podiatrist for an orthotic to provide stability and balance.

- **Diabetics.** Get your feet measured for size; don't go by how the shoes feel.

- **Those on their feet all day.** Wear well-made shoes or sneakers with arch support; skip shoes that can bend in half.

- **Pregnant women.** Hormones can cause feet to expand, so buy bigger shoes.

- **Everyone.** Purchase shoes at day's end, when feet are naturally swollen.

EXERCISES FOR FEET

Try these twice a day. Hold each stretch for 10 seconds, relax, repeat three times.

- ▶ **Stretch Achilles tendons.** Stand at arm's length from wall (with hands on it), point toes inward, and lean forward, bending elbows, as if doing a push-up.

- ▶ **Sit with feet flat on floor.** Lift just toes while balls of feet still touch the floor.

- ▶ **Sit with feet flat on floor,** and raise just inner arches and toes off the floor.

Learn more at foot.com or the American Podiatric Medical Association's site at apma.org. 