

Resource Guide

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Keeping your feet healthy

- Feet are essential to our mobility. However, they are often neglected when it comes to personal health.
- Taking care of your feet can help you maintain your overall health and prevent problems in the future, such as reduced mobility, foot pain, and common foot problems like bunions. Here are a few things you can do to maintain healthy feet:
 - Wear shoes that provide support and fit correctly
 - Avoid walking barefoot in public places
 - Moisturize your feet regularly
 - Wash your feet daily and dry them thoroughly
 - Keep your toenails short and clean
 - Maintain a healthy weight



Learn more about basic foot care guidelines from [Diabetes Canada](#).