

# Foot Facts

## Your Feet Don't Have To Hurt

(NAPSA)—Put your feet up—you're going to take more than 8,000 steps tomorrow. In fact, over your lifetime, you'll probably walk more than 100,000 miles. That's the equivalent of walking around the whole world at the equator four times.

### Did You Know?

You accumulate 150 tons of impact on each foot in a three-mile jog.

One quarter of the bones in your body are in your feet.

Walking is the best exercise for your feet.

Four in five Americans will experience foot problems.

*Source: PediFix Inc.*



Proper foot maintenance can keep feet in tip-top shape and PediFix Footcare Products will help you take the proper steps toward pain relief and prevention. Since 1885, they've been listening to customers' needs, enlisting doctors' expertise and utilizing the latest technologies to develop unique and innovative items.

PediFix sells dozens of products to comfort common woes from heels to toes. They also have spa-style items to pamper feet as well as products specifically made to help the feet of people with diabetes, edema and arthritis.

For more information, call 1-800-PediFix (733-4349) or visit [www.pedifix.com](http://www.pedifix.com) to order a free product catalog, foot care literature and access money-saving store coupons. All items can also be ordered online at Amazon.com. Many are also sold in drugstores nationwide.