

**KEEP THEM HA** 

moving throughout the day. **LIGHTEN UP** 

> ican Heart Association Hard Hats with Heart\*

**TAKE A STAND** Alternate periods of sitting, standing, and

**KEEP YOU HEALTH** 

As much as possible, wear supportive, comfortable shoes that fit well.

## **GET COMFY**

Your feet are your foundation, so make comfort a priority and help support your goal to MOVE MORE.

# **KEEP THEM HAPP** ΗΕΜ ΗΑΡΡΥ

**KEEP YOU HEALTHY** 

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by a pain in your toot. healthy so you don't get sidelined Use these tips to keep your feet

### **CROSS TRAIN**

repetitive impact. Mix in different activities to avoid

## **BEFORE & AFTER**

in your warm up and cool down routines. jucinde your feet, ankles, calves and knees

### **GET SUPPORT**

common toot, back and knee issues. support, comfort and pain relief from Try orthotics or shoe inserts for additional





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**TAKE A STAND** 

**GET COMFY** 

**KEEP YOU HEA** 

your feet, knees and body.

moving throughout the day.

comtortable shoes that fit well.

As much as possible, wear supportive,

Maintain a healthy weight to stay light on

Alternate periods of sitting, standing, and

support your goal to MOVE MORE.

make comfort a priority and help

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Use these tips to keep your feet

by a pain in your foot.

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repetitive impact.

**BEFORE & AFTER** 

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Include your feet, ankles, calves and knees

in your warm up and cool down routines.

Try orthotics or shoe inserts for additional

support, comfort and pain relief from

common foot, back and knee issues.

Hard Hats with Heart"

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