

FOOT FACTS

KEEP YOUR FEET HEALTHY!



skin facts

3 out of **FOUR** Americans experience serious foot problems in their lifetime.

52 bones in both feet!



When running, pressure on the feet can be **4x** the runners body weight.

Each of your feet have,

107 ligaments

26 bones

19 muscles

33 joints

Approx. **15%** of sports-related injuries affect the foot alone.

250,000

sweat glands excrete up to a half-pint of moisture daily.



of people have corns/calluses



have fungal foot infections



of diabetics will have damage to their feet



have ingrown toenails

feet

We use our feet **everyday** so we need to keep the skin healthy! Maintaining balanced **HYDRATION** is essential to avoid dry skin & other uncomfortable skin conditions.

The **thickest skin** on your body is under your heels measuring **1.4mm deep.**

The skin on the top of your foot has almost **NO FAT** underneath!

The soles of your feet are one of the most nerve-rich parts of your body.

The skin on the sole of the foot is attached to your body extremely tight in comparison to other parts of skin. You can easily demonstrate this by pinching the skin at the top and bottom of your foot and comparing the two.