

How Runners Can Better Care For Their Feet

Description

If you want to keep healthy, then you will be fully aware that it's important to exercise. Of course, it's not always easy to get as much as you should, but there are nonetheless a number of ways you can do this more effectively. One of the simplest and easiest is to just [go running](#) on a regular basis. But if you are going to do that, you will need to take care of your body, and in particular your feet. There are a few things you should bear in mind on that front, which we are going to look into right now.



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Listen To Pain

Your running shouldn't ever cause you actual pain, only discomfort. So if you notice that you are experiencing pain in your feet while running, you should really make sure to listen to that pain rather than ignore it. In other words, you should stop running as soon as possible and attend to the issue. It might be that you have something as simple as an ingrown toenail â€œ and if so, the [ingrown toenails treatment](#) you need is simple enough â€œ or you might have a sprained ankle or something. In any case, don't ignore it.

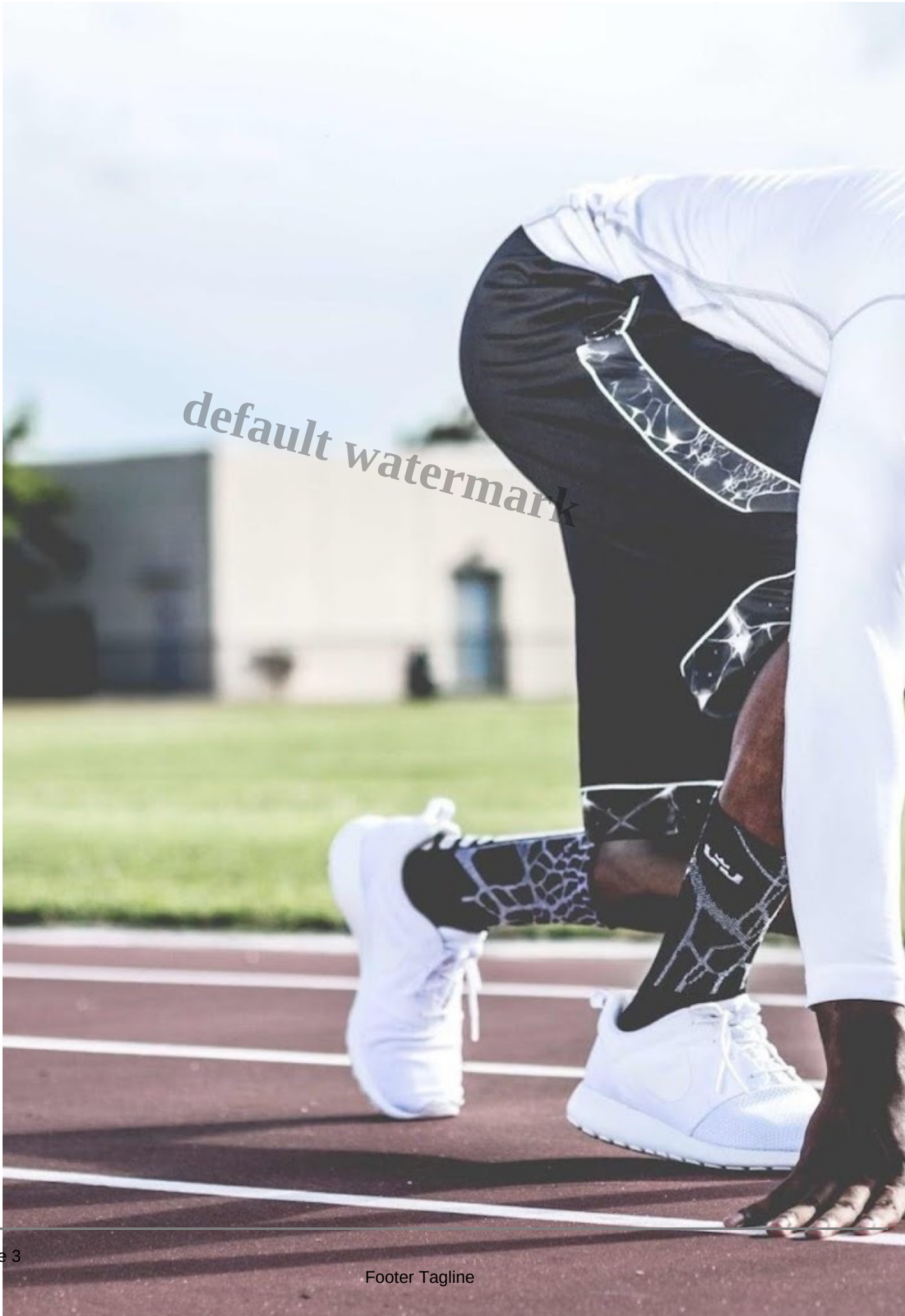
Warm-Up & Cool Down

You need to make sure you are warming up and [cooling down](#) before and after every workout. That is a really vital thing to do, and it's the kind of thing you notice the difference once you stop doing it. If you are keen to take good care of your feet, this is going to be absolutely essential. All you need to do is stretch and get the body to a good level of limber, and then you can run with ease and without fear of harming yourself, including your feet most importantly of all.

Use Proper Footwear

Another thing you can do which will make a huge difference is to make sure that you use the proper footwear that you need. This is going to save your feet more than you might think, so it's one of those things that are really worth trying to remember. This means using trainers or runners, some kind of footwear that is going to protect your feet and ensure that you are less likely to damage them in any way. If you do that, you are going to be in a much better place with regard to your feet when you run.

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Allow Space

Speaking of shoes, you should generally follow the rule of thumb of always going [half a size](#) above what you think you need, because that is going to mean that you are much more likely to remain comfortable and less likely to damage your feet in any way. This is a really good rule that is worth remembering, and youâ€™™ll be amazed at what a difference it can truly make if you do this. So that is something that you might want to think about if you are keen to care for your feet more effectively while running.

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