

30-Day Foot *Health* Challenge

Brought to you by KURU Footwear

Your feet put up with a lot—time to return the favor! This 30-day challenge will stretch, strengthen, and pamper your soles so they can stay happy and feel refreshed. Give it a month, and your feet will be singing your praises!

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| <input type="checkbox"/> Check your feet for swelling, calluses, or discomfort. 1 | <input type="checkbox"/> Walk barefoot on grass, carpet, or sand to activate foot muscles. 2 | <input type="checkbox"/> Do 10 toe lifts by rising onto your toes slowly. 3 | <input type="checkbox"/> Rotate ankles 10 times each way for better flexibility. 4 | <input type="checkbox"/> Massage each foot for 2 minutes before bed. 5 | <input type="checkbox"/> Stretch toes apart, hold 10 seconds, repeat 5x. 6 |
| <input type="checkbox"/> Drink more water to help reduce foot swelling and cramps. 7 | <input type="checkbox"/> Do towel scrunches using only your toes to grip and lift. 8 | <input type="checkbox"/> Balance challenge: Stand on one foot for 30 seconds per side 9 | <input type="checkbox"/> Walk on tiptoes for 20 seconds, rest, repeat 3x. 10 | <input type="checkbox"/> Soak feet in warm water with Epsom salt for relaxation. 11 | <input type="checkbox"/> Try toe yoga: Lift big toes, keep others down, then switch. 12 |
| <input type="checkbox"/> Walk 10 minutes outside to boost circulation. 13 | <input type="checkbox"/> Check your shoes—make sure they offer proper support! 14 | <input type="checkbox"/> Roll a frozen water bottle under your feet for relief. 15 | <input type="checkbox"/> Stretch calves against a wall for 30 seconds per leg. 16 | <input type="checkbox"/> Elevate feet for 10 minutes to reduce swelling. 17 | <input type="checkbox"/> Massage arches and heels with a tennis ball for relief. 18 |
| <input type="checkbox"/> Do 10 heel raises by rising and lowering on your toes. 19 | <input type="checkbox"/> Wear socks to bed to lock in moisture and boost skin health. 20 | <input type="checkbox"/> Go sock-free at home to let your feet breathe. 21 | <input type="checkbox"/> Trim and file nails to prevent ingrown toenails. 22 | <input type="checkbox"/> Apply foot cream before bed for soft, healthy skin. 23 | <input type="checkbox"/> Wiggle toes and spread them apart for 10 seconds, repeat 5x. 24 |
| <input type="checkbox"/> Do a gentle Achilles stretch to reduce tightness. 25 | <input type="checkbox"/> Check insoles—replace them if they're worn out. 26 | <input type="checkbox"/> Walk barefoot indoors to strengthen foot muscles. 27 | <input type="checkbox"/> Stretch toes by pulling them back for 20 seconds. 28 | <input type="checkbox"/> Reflect on progress—which foot health habits will you keep? 29 | <input type="checkbox"/> You did it! Walk in KURUs and tag with #KURUHealthyFeet30 30 |