Midwest Podiatry™ Centers

Patient Newsletter
October 2025

Staying Active Without Hurting Your Feet

As the seasons change, it's easy to let cooler temperatures or unpredictable weather slow down your exercise routine. But staying active doesn't have to mean putting your feet at risk. With the right approach, you can enjoy year-round movement while avoiding common foot problems that come with sudden activity changes.

Low-Impact Exercises for Shifting Conditions

When outdoor conditions aren't ideal, it's a great time to explore low-impact exercises that keep your joints and feet protected. Activities like swimming, cycling, yoga, or using an elliptical trainer provide excellent cardiovascular benefits without the pounding stress of running or high-intensity workouts.

These alternatives not only help maintain fitness but also reduce the risk of injuries such as stress fractures or tendinitis.

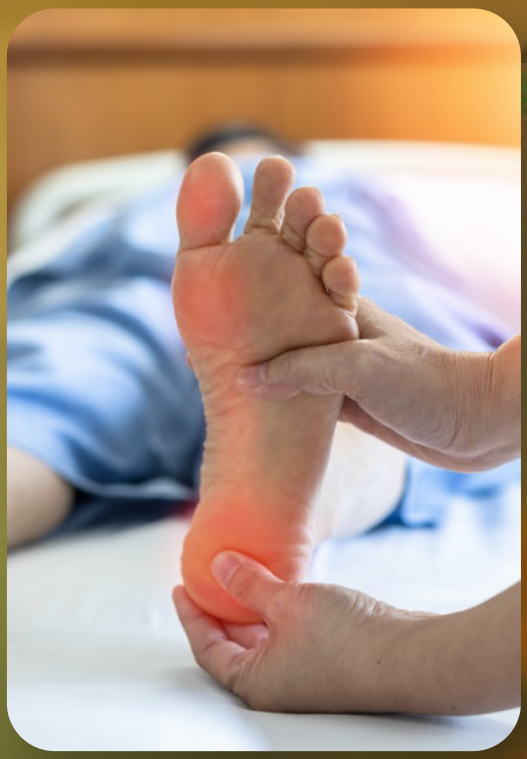
Footwear Matters for Indoor Workouts

Transitioning to more indoor workouts often means different surfaces and movements, which require the right footwear. For example, shoes designed for running don't provide the stability needed for weight training, and worn-out sneakers can leave your arches and ankles vulnerable. Always choose footwear that matches your activity—whether that's cross-training shoes for gym workouts or cushioned sneakers for treadmill runs. Investing in proper shoes now can save you from months of pain later.

Preventing Plantar Fasciitis as Activity Changes

One of the most common issues people face during changes in activity levels is plantar fasciitis—heel pain caused by inflammation of the tissue that supports your arch. This often happens when workouts ramp up too quickly or when unsupportive footwear is used.
To protect your feet:

- Stretch your calves and arches daily.
- Wear supportive shoes with proper cushioning.
- Increase activity gradually rather than all at once.
- If heel pain persists, it's important to seek professional care early—ignoring it can make the condition harder to treat.



Make the Most of Your HSA/FSA Benefits

As the year comes to a close, don't forget about your Health Savings Account (HSA) or Flexible Spending Account (FSA). Many patients aren't aware that podiatry visits, custom orthotics, and certain foot care treatments often qualify as eligible expenses. Use your benefits before they expire at the end of the year—schedule your appointment today to maximize your coverage and start the new year with healthier feet.

Staying active doesn't have to mean sacrificing comfort. With the right habits, supportive footwear, and a little planning, you can protect your feet and keep moving all year long.

Recipe of the Month

Hot Dog Mummies

Ingredients

- One 8-ounce tube of crescent dough
- 8 bun-length hot dogs
- 1 slice white American cheese
- Ketchup and/or mustard

Serve and Enjoy!

Cooking Instructions

1. Preheat the oven to 375°F. Line a rimmed baking sheet with parchment paper or a silicone mat.
2. Open the crescent dough tube and unroll the dough onto a work surface. Pinch together the seams to create a rectangle. Cut the dough lengthwise into 8 long strips.
3. Take 1 hot dog and 1 strip of the dough and wind the dough around the hot dog while pulling gently to stretch the dough. Crisscross the dough every so often so it looks like mummy wrappings. Near the end of the hot dog, leave a narrow strip of hot dog exposed so you can add eyes after baking. Place the wrapped dog on the prepared baking sheet and repeat with remaining dough and hot dogs. Bake until golden brown, about 15 minutes.
4. While hot dogs bake, use the narrow end of a wide piping tip to punch out 16 small rounds of cheese for the mummies' eyes.
5. Remove the hot dogs from oven. Using a toothpick, smear some ketchup on one side of each cheese round and "glue" it to the open area of the hot dog to create 2 eyes. Using the same toothpick, put a dab of ketchup or mustard in the center of each eye to create a pupil.

Can You Spot All 5 Differences?

October 2025 Holidays and Important Dates

- **10/1 – International Coffee Day:** A fun observance celebrating coffee lovers worldwide, often marked by coffee shop specials and community events.
- **10/1 – World Vegetarian Day:** A day promoting the benefits of vegetarianism for health, the environment, and animal welfare.
- **10/10 – World Mental Health Day:** An international day for raising awareness about mental health issues and promoting support for those affected.
- **10/13 – Columbus Day:** A federal holiday commemorating Christopher Columbus's landing in the Americas in 1492, observed with parades and community events.
- **10/18 – Sweetest Day:** A regional observance in parts of the U.S., often celebrated by showing appreciation with small gifts or kind gestures.
- **10/31 – Halloween:** A popular holiday known for costumes, trick-or-treating, haunted houses, and festive decorations.