



Staying Active For Healthy Feet

Those of us who live in the Capital District communities are lucky have an array of options for exercise and working out! Gyms like Maximum Fitness, Collar City Athletics, and **ABC Sports & Fitness** are used by health-conscious residents to burn calories, build muscle, and achieve the other benefits that come from being physically active.

When people think about exercising for better physical health, they might consider benefits in many different areas of the body, but perhaps not so much the lower limbs. Even if it isn't frequently thought about, staying active is important for healthy feet!



518.273.0053



REQUEST

APPOINTMENT

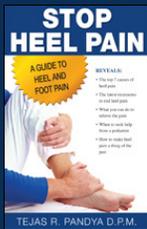
LOCATIONS

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065

FREE BOOKS



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ORDER





These are some of the benefits that exercise has on your foot and ankle health:

- **Strong muscles.** It is easy to think about toned arms and ripped abs in association with the word “muscles,” but strong muscles in the lower limbs can help absorb force loads and **lower the risk of stress fractures**. They can also support joints, which is important when arthritis is in the picture.
- **Healthy circulation.** Blood has the farthest path to travel when going down to the feet, so it is especially important to keep the cardiovascular system in tip-top shape for the health of your lower limbs.
- **Less weight.** Feet endure tremendous forces while supporting the body throughout the day. The right exercises can ease the burden by burning calories, keeping bodyweight down, and reducing the amount of those physical forces.
- **Reduced injury risk.** Now, we cannot deny the fact it is virtually impossible to eliminate all injury risk from physical activities, but you are more likely to prevent an injury than sustain one if you follow a careful workout plan.

There are certainly a host of other benefits to exercising and staying active, but don't underestimate how important this can be for your feet and ankles! If you want to start a workout plan—and you absolutely should if you aren't already following one—we can help you develop one that works for you!

For more information call us at **(518) 273-0053**. If you prefer, you can also **contact us online** to request your appointment!

A Commitment to Continued Education and Providing the Best of Care

Tejas Pandya, DPM recently attended the renowned DERMfoot conference held on April 16 – 17. This annual event features numerous exhibits and lectures that provide the latest education on foot and ankle skin and nail diseases, as well as state-of-the-art technologies and cutting-edge diagnostics used to treat conditions and provide patients with the highest quality of care.

It is our goal to stay atop of these industry advancements so that we can continue to give our patients the best care possible!

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Capital District Podiatry, PLLC | 763 Hoosick Rd. Troy, NY 12180 | 855 Rt. 146, Suite 150 Clifton Park, NY 12065