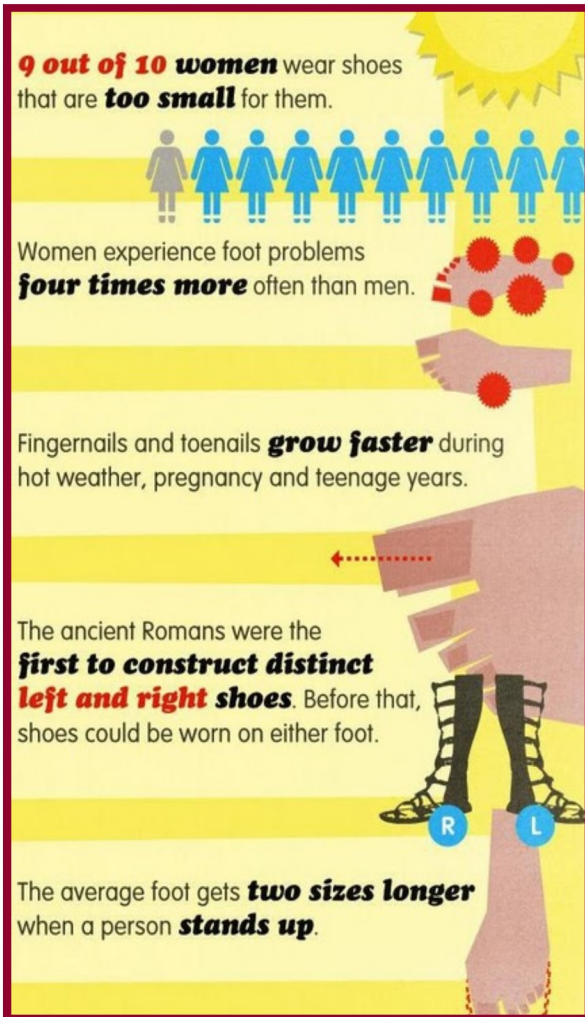


FOOTCARE

BY THE NUMBERS

Each foot has 26 bones! Combined, **your feet contain nearly 25% of all the bones** (206) in your body.



The average person takes **between 5,000 and 7,000 steps** every single day.

Every step you take **places 1.5 times your body weight** on your foot.

Almost **75% of Americans** experience dry, rough, cracked, or irritated skin on their feet.

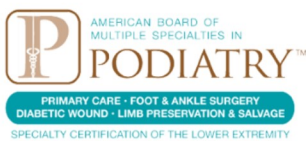
Nearly **8 out of every 10 Americans** have experienced foot problems because of shoes that do not fit properly.

Heel pain, blisters, and ingrown toenails are the **most common foot ailments** among Americans.

The most common barrier to foot care is the cost, with **32% of Americans** who need foot care being underinsured.



Over **43% of Americans** have experienced pain in their heels within the past year, making heel pain the most common foot ailment.



Only 25% of Americans have seen a doctor about their foot problems. Less than **12% visited a podiatrist**.

Over your lifetime, **you will walk more than 100,00 miles!**

For more information about foot care or to find out we can help you maintain good foot health, talk to your provider during your next appointment or log onto www.RHMPI.com today!