



Sol Foot & Ankle Centers August 2025 Newsletter

Soaking Up the Last Days of Summer—With Healthy, Happy Feet!

As August rolls in, we're savoring the final stretch of summer fun—sunny days, beach getaways, and back-to-school prep. It's the perfect time to give your feet some extra love, stock up on supportive shoes, and check in on your foot health before fall begins.

August Highlights & Celebrations

There's a lot to love this month—check out what's coming up!

- **August 3** – *Dr. Graves' Birthday!*
Help us wish him a fantastic year ahead—and thank him for 30+ years of foot care!
 - **August 4** – *National Chocolate Chip Cookie Day*
 - **August 10** – *National Lazy Day*
 - **August 17** – *National I Love My Feet Day*
 - **August 26** – *National Dog Day*
 - **August 30** – *National Beach Day*
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August 17 is National I Love My Feet Day!

Yes—it's a real thing! And we're all about giving your hardworking feet the TLC they deserve.

If you're dealing with pain, nail problems, or just need a checkup, now's the perfect time.

[Schedule your appointment today](#)



Pun of the Month:

"Summer's heating up—don't let your feet *sweat* the small stuff."

Lemon Blueberry Muffins

Ingredients:

- 1 ½ cups all-purpose flour
- ¾ cup granulated sugar
- ½ tsp salt
- 2 tsp baking powder
- ⅓ cup vegetable oil
- 1 large egg
- ⅓ cup milk (more if needed)



Instructions:

1. **Preheat** your oven to 400°F (200°C).
Line a muffin tin with paper liners or lightly grease with nonstick spray.
2. **Mix dry ingredients:** In a large bowl, whisk together flour, sugar, salt, and baking powder.
3. **Combine wet ingredients:** In a separate small bowl, beat together the oil, egg, milk, vanilla, and lemon zest.

- 1 tsp vanilla extract
- Zest of 1 lemon
- 1 cup fresh or frozen blueberries (if frozen, do not thaw)

Optional Lemon Glaze:

- ½ cup powdered sugar
- 1–2 tsp fresh lemon juice

Tips:

- For extra lemon flavor, add 1 tbsp of lemon juice to the batter.
- These freeze well—perfect for quick back-to-school breakfasts!

4. **Combine wet and dry:** Pour the wet mixture into the dry ingredients and stir until just combined. Do not overmix.
5. **Add blueberries:** Gently fold in the blueberries.
6. **Fill muffin cups** about $\frac{3}{4}$ full with the batter.
7. **Bake for 18–20 minutes**, or until a toothpick inserted in the center comes out clean.
8. **Cool muffins** in the pan for 5 minutes, then transfer to a wire rack.
9. *(Optional)* **Make the glaze:** Stir lemon juice into powdered sugar until smooth. Drizzle over cooled muffins.



Quick Reminder

Socks + sandals may be questionable...

But sweaty socks + summer heat = [athlete's foot](#) risk!

Change socks often and keep your feet dry.

Back-to-School Shoe Tips for Kids & Parents

Heading into a new school year? Let's talk proper footwear.

Growing feet need:

- Good arch support
- Room to wiggle those toes
- Durable soles that last

[Check out our shoe fit guide](#)

Office Closure Reminder:

Our office will be **closed Saturday, August 31** for Labor Day Weekend.
We'll reopen on **Tuesday, September 3** to get you back on your feet!

Happy August!

May your steps be supported, your shoes be comfy, and your feet stay cool and care-free as summer winds down!

[Schedule](#) your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!

Wishing you a wonderful and healthy August! Here's to sunshine, good shoes, and happy feet all month long.

The Sol Foot & Ankle Centers Team

Keeping you one step ahead of foot pain

