



## Sol Foot & Ankle Centers January 2026 Newsletter

### Hello January!

As we welcome the new year, it's a great time to focus on healthy habits—starting from the ground up. Your feet carry you through every goal, errand, workout, and celebration, and we're here to help keep them feeling their best in 2026.

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### Start the Year on the Right Foot

The new year often brings fresh goals—walking more, staying active, traveling, or simply moving without pain. Supportive footwear, healthy circulation, and routine foot care can make a big difference in how your body feels day-to-day.

### Quick tips to kick off the year strong:

- Wear shoes with proper support and cushioning
- Stretch your feet and calves daily
- Don't ignore lingering pain or numbness
- Schedule a foot check if something feels "off"

*If foot pain is slowing you down, early care can help prevent bigger problems later.*

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### January Is Walk Your Dog Month

Walking your dog is one of the easiest (and most enjoyable!) ways to stay active during the winter months. Even short daily walks help improve circulation, joint



mobility, and balance—for both you and your furry companion.

#### Foot-friendly dog walking tips:

- Wear supportive walking shoes with good traction
- Choose moisture-wicking socks to keep feet warm and dry
- Stretch your calves and feet before and after walks
- Pay attention to new aches or pain—don't push through discomfort

*Daily walks add up. Taking care of your feet helps ensure you can enjoy every step together.*

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#### Important Dates & Reminders

##### January: Walk Your Dog Month

A great reminder to stay active—even in cooler weather. Regular walks help improve circulation, balance, and overall foot health. Just be sure to wear supportive shoes with good traction.

##### January: National Soup Month

Warm, nourishing soups are a comforting way to stay hydrated and support overall wellness during winter. Choosing lower-sodium options may help reduce swelling.

##### January 1: New Year's Day

A fresh start for healthy habits! If foot pain or discomfort is holding you back, early care can help keep you moving all year long.

##### Mid-Month Reminder: New Shoes, New Year?

If your walking shoes are worn down, uneven, or lacking support, January is a great time to replace them. Proper footwear plays an important role in preventing pain and injury.



### **January 19: Martin Luther King Jr. Day**

Honoring the life and legacy of Dr. Martin Luther King Jr. as we reflect on service, equality, and community.

### **January 23: Measure Your Feet Day**

Did you know foot size can change over time? Measuring your feet regularly helps ensure proper shoe fit and can reduce discomfort, blisters, and foot pain.

### **Winter Safety Tip**

Cold weather can mean slippery surfaces. Wear shoes with good traction indoors and out, and avoid walking barefoot on cold tile floors to help prevent slips and falls.

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### **National Soup Month Recipe of the Month: Cozy Winter Veggie Soup**

Warm, nourishing, and easy to make, this cozy veggie soup is a perfect way to celebrate **National Soup Month**. Packed with vegetables and comforting flavors, it's a winter favorite that supports overall wellness while helping you stay hydrated and satisfied during the colder months.



### **Ingredients**

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 zucchini, chopped
- 1 can low-sodium diced tomatoes
- 4 cups low-sodium vegetable or chicken broth
- Salt, pepper, and Italian seasoning to taste

### **Directions**

1. Heat olive oil in a large pot and sauté onion and garlic until fragrant.

2. Add carrots, celery, and zucchini; cook for 5 minutes.
3. Stir in tomatoes, broth, and seasonings.
4. Simmer for 20–25 minutes until vegetables are tender.
5. Serve warm and enjoy!

*Tip:* Choosing lower-sodium soups can help reduce swelling and support circulation—especially important for foot and ankle health.

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### **Funny Pun of the Month**

**Why can't your nose be 12 inches long?**

Because then it would be a foot..

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### **Quick Tip for January**

#### **New Year, New Benefits?**

January is a great time to schedule your annual foot exam, orthotic check, or diabetic foot evaluation—especially if your insurance benefits have reset.

**Call our office or schedule your appointment [online](#) to start the year on the right foot.**

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From all of us at **Sol Foot & Ankle Centers**, we wish you a healthy, happy start to the new year. We look forward to helping you stay active and pain-free in 2026!

#### **The Sol Foot & Ankle Centers Team**

*Keeping you one step ahead of foot pain*

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

[www.solfoot.com](http://www.solfoot.com)

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

