



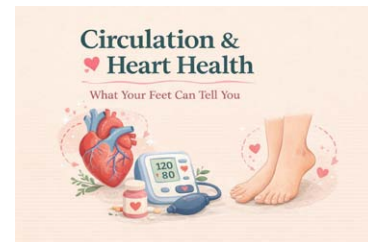
February Newsletter — Sol Foot & Ankle Centers

Love Your Feet This February

February is all about heart, health, and showing a little love — and your feet deserve some of that attention too! Whether you're staying active, cheering on the big game, or celebrating Valentine's Day, taking small steps toward better foot health can make a big difference.

Circulation & Heart Health — What Your Feet Can Tell You

Your heart and your feet are more connected than you might think. Healthy circulation helps keep your feet warm, energized, and healing properly. During the colder months, long periods of sitting, reduced activity, and certain conditions like [diabetes](#) can slow blood flow to your lower extremities.



Simple ways to support healthy circulation:

- Move your feet often — wiggle your toes, stretch your calves, or take short walks
- Wear warm, supportive footwear in cooler weather
- Stay hydrated throughout the day
- Don't ignore numbness, tingling, or slow-healing wounds

If you've noticed changes in how your feet feel or heal, our team is always here to help.

Loving Feet & Sweet Treats — Step Into February Comfortably

February is a time to celebrate love, heart health, and a few sweet indulgences along the way. Whether you're standing in the kitchen making Valentine's treats, heading out for a romantic dinner, or cheering on your team during the big game, your feet can end up working overtime.

Here are a few simple ways to keep your feet feeling comfortable and supported all month long:

- **Take stretch breaks** — Gently rotate your ankles in both directions and give your arches a quick break after long periods of standing.
- **Wear supportive shoes** — Even around the house, avoid going barefoot on hard floors for extended time.
- **Moisturize before bed** — Dry winter air can lead to cracked heels. A little lotion and cozy socks go a long way.
- **Listen to your feet** — If you notice lingering pain, numbness, or swelling, it may be time to schedule a visit.



Important Dates & Fun February Moments

February 2 – Groundhog Day

Whether winter sticks around or not, supportive shoes are always in season!

February 8 – Super Bowl Sunday

Game-day tip: If you're hosting or standing a lot, take breaks to stretch your feet and legs during halftime.

February 14 – Valentine's Day

Show your feet some love — moisturize dry skin, trim nails carefully, and give your arches a gentle stretch.

February 14–16 – Office Closed (President's Day Weekend)

Both locations will be closed during this time. We'll reopen on **Tuesday, February 17**.

February 20 – National Love Your Pet Day

Take your furry friend for a walk — just make sure you're wearing supportive footwear for those extra steps!

February 25 – Let's All Eat Right Day

Healthy eating supports healthy circulation, which helps keep your feet feeling their best from the inside out.

February Recipe: Creamy Roasted Tomato & Red Pepper Soup

Perfect for chilly nights, Valentine's dinner at home, or a cozy game-day meal

This warm, comforting soup is full of flavor and heart-healthy ingredients — and it pairs beautifully with grilled cheese or crusty bread.



Ingredients

- 2 cups cherry or grape tomatoes
- 1 red bell pepper, sliced
- 1 small onion, quartered
- 3 cloves garlic, peeled
- 2 tbsp olive oil
- Salt & pepper to taste
- 3 cups vegetable or chicken broth
- ½ cup heavy cream (or coconut milk for dairy-free)
- 1 tsp dried basil (or Italian seasoning)
- Optional garnish: fresh basil, shredded parmesan, or heart-shaped croutons

Instructions

1. Preheat oven to 400°F.
2. Spread tomatoes, bell pepper, onion, and garlic on a baking sheet. Drizzle with olive oil, salt, and pepper.
3. Roast for 25–30 minutes until soft and lightly charred.
4. Transfer everything to a blender. Add broth and basil. Blend until smooth.
5. Pour into a pot and heat on the stove. Stir in cream and simmer for 5 minutes.

6. Serve warm and garnish as desired.

Why We Love It

Warm, nourishing meals help support healthy circulation — and nothing says February love like comfort food shared with people (and pets nearby!) you care about.

Funny Pun of the Month

Did you hear about the shoes that got married?

They're sole-mates.

Quick Tip of the Month:

Check Your Shoes!

If your shoes are more than a year old or showing uneven wear, it may be time for a new pair. Proper support can reduce foot pain, improve balance, and help prevent injuries.

Sharing the Love This February

Whether it's from your Valentine or your furry friend, here's to happy hearts and healthy, happy feet.

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

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

