

Coastal Podiatry Associates



October is ideal for enjoying outdoor activities, and walking is proven to provide mental & physical health benefits. Venture outside & explore nature - or simply your neighborhood!

Before you head out the door:

- Wear a properly fitting pair of good quality shoes.
- Stretch and warm up your muscles.
- Walk at a pace that is comfortable yet challenging.
- Monitor your heart rate and breathing.
- Stop and rest if you do not feel well.

- Beware of warning signs such as chest and arm pain, dizziness, and lightheadedness.
- Drink plenty of water to replace lost fluids.

We're here to help you keep your feet feeling their best.

Each doctor with Coastal Podiatry Associates specializes in state-of-the-art foot and ankle care and is Board-Certified by the American Board of Foot and Ankle Surgery.

Together they have decades of combined experience and are trained in advanced surgical and nonsurgical podiatric solutions.

Their goal is to provide you with gentle, optimum quality foot care at affordable prices and to deliver their care in a compassionate and conservative manner.

Personalized treatment programs are developed to satisfy individual foot care needs.

Give us a call: 843-449-3668!



Healthy slow cooker and crock pot recipes

Cooler weather + crock pots are the perfect pairing!

Explore healthy recipes from food and nutrition experts [here](#).



What's Worse: Standing on Your Feet for an Hour or Walking for an Hour?

A trick question? Find the answer [here](#).

[by Bradley Keefer, DPM, FACFAS](#)

We look forward to seeing you at any of our five convenient locations in Myrtle Beach, Conway, Little River, Surfside Beach, or Carolina Forest.

1-843-449-FOOT (3668)

Get in touch!

