

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



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BY WRNW

## THESE BOOTS ARE MADE FOR WALKIN'

Hey, sole survivors. Let's kick it! This isn't just any footcare newsletter; it's your VIP pass to happy feet. We put our best foot forward from pro tips to hidden gems. We've got the full arsenal of resources for your feet – like having a foot spa in your inbox. It's a shoebox full of goodies – videos, tips, and past gold nuggets to pamper those trusty foot soldiers. No more playing footsie with injuries; let's strut into a world where blisters and bunions are old news!



### FIND YOUR FOOTING



To start, we're dishing out foot-fabulous flicks! Watch [Happy Feet](#) for some serious toe-tappin' inspiration, or dive into [4 Ways to Relieve Foot Pain from Working on Concrete Floors](#) featuring our friends at Ally Safety - because let's face it, those floors are less 'solid ground' and more 'tough love' for our feet!

### FEET FEATS & FIXES



Here's a visual goldmine for happy, healthy feet. Check out these infographics all geared toward treating your feet with care - step by step and day by day! A past [calendar](#) gives daily exercises, foot care, and injury prevention strategies. A [flyer](#) gives a routine to help tired and achy ankles, feet, and toes. And, two infographics to give you a play-by-play on [identifying foot pain](#) and caring for your feet along with [choosing the RIGHT footwear](#).

### SUPER FEET WITH SUPERfeet®



As you may have heard, Work Right partnered with [Superfeet](#) recently to provide you with the best insoles in the industry! Most footwear lacks the necessary shape to anatomically fit our feet. But Superfeet insoles [deliver 3D shape where you need it](#), filling in the empty space. They adapt our relatively flat footwear to the 3D foot for a better fit.

Ask your onsite Injury Prevention Specialist how you can ensure the RIGHT fit with Superfeet. It'll be your best move yet!

### FEET FOCUS ARCHIVE

We like to dig deep. And we've rounded up four past newsletters from our archive specifically exclusively dedicated to foot care. Explore [The Cost of Injury - the Foot](#), [Footwear](#), [Sole Wellness is No Small Feet](#), and [Shoewear for Summer](#).

As always, if you prefer print copies of these resources, reach out to your onsite Injury Prevention Specialist!



**Work Right NW** is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

