

# KEEPING OUR FEET DEADLY AND PROTECTED.



## Why it is important to wear shoes

### WHEN PLAYING SPORTS

It is important for you to wear shoes that fit your feet correctly.

Wearing the right shoe size, will help you avoid injuries and prevent foot problems.



### WHEN WALKING

It is important to wear shoes.

It will prevent you hurting your feet, if you step on sharp objects on the ground such as, prickles or rusty nails.



### SHOES HELP YOUR FEET STAY DEADLY AND PROTECTED?

It can reduce the risk of developing fungal skin and nails infections.

Also reduce the incident of foot pain (shoes can adsorb impact as we walk and run).

