

# YOUR FEET THINK YOU'RE FAT

Did you know 81% of obese adults in the United States experience foot problems?



If you're overweight or obese you are more likely to suffer from the following:



Nail problems



Stress fractures



Heel pain/  
plantar fasciitis



Bone spurs



Tendinitis

These foot and ankle conditions can cause serious pain, which can hinder you from getting active and healthy. In fact, 60% of obese adults said foot pain restricts their activities.

## But what if your feet didn't hurt?

Of those who said they experienced foot pain all or most of the time, many said they would live a more active life if their feet didn't hurt. In fact,



**80%** said they would walk more

**79%** said they would participate in more activities



**72%** said they would exercise more

## 77% of those who visited a podiatrist

said their experience was either excellent or very good.



If you're overweight or obese and experiencing foot pain that restricts your daily activities, Today's Podiatrist can help. Your podiatrist can help effectively diagnose and treat foot and ankle pain.

Remember, foot pain is not normal, and persistent foot pain is treatable. Visit [APMA.org](http://APMA.org) for more information and to find a podiatrist near you.