



### ***Putting Your Best Foot Forward***

By Elaine Mizuo

- Do your feet hurt at the end of the day?
- Do you do work that keeps you on your feet all day?
- What tip will you try?

### Bonus Questions

Can you think of other ways to improve your foot health – and pamper yourself?

### *Reach UP to God*

God cares about every aspect of your life. Talk with Him about any physical or mental health problems and let Him help you!