

NATIONAL  
**FOOTHEALTH**  
AWARENESS MONTH  
APRIL



**DID  
YOU  
KNOW?**

- The average human takes over 216 million steps in their lifetime
- The average human walks over 75,000 miles or three times around the earth in their lifetime
- There are 52 bones in your feet or over  $\frac{1}{4}$  of all bones in the body
- There are 66 joints and over 100 muscles, tendons, and ligaments
- There are over 250,000 sweat glands in the soles of our feet that excrete 1 cup of moisture daily
- Babies feet grow rapidly. By age 1, most have reached nearly  $\frac{1}{2}$  of their adult size.
- Every day, our feet absorb over a million pounds of force.
- Approximately 2 million Americans develop a diabetic foot ulcer each year.



If you have questions and would like to schedule an appointment, please call (520) 562-3321 Ext. 1258, Ext. 2664, Ext. 6520