



# Performance Podiatry

## E-News

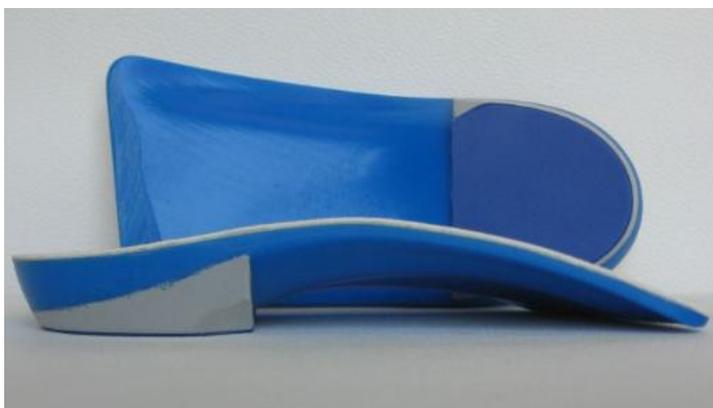
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Hello and welcome to our latest e-news. We like to keep our patients informed with what's happening at Performance Podiatry and let you know of any great deals that you could take advantage of!

### Have You Had Your Orthotics Checked?

Has it been at least 12 months since you've had your orthotics checked? Are they starting to show signs of wear and tear? Have you recently purchased new shoes? If you've answered yes to any of these questions, it's time to come and get your orthotics checked. We recommend you have your orthotics checked every 12 months. That way, we can check that they're doing the job intended. We can easily make adjustments if needed and replace the top cover if it's wearing through, helping your orthotics to last longer.



Are you tired of changing your orthotics from shoe to shoe? If you have orthotics that was made from a plaster cast and you still have your casts, you can get a second pair for **\$100 off!**

## **Kent Awarded Podiatrist of the Year**

Performance Podiatry and Physio co-owner Kent Sweeting was recently awarded "Podiatrist of the Year". The award, voted on by the industry, is reward for his contribution to the profession and clinical and research efforts. Some of you may have seen the article in the City South News recently.

He has also recently returned from lecturing at the American College of Sports Medicine conference which was held in Seattle. Kent was able to share ideas with some of the world leaders in sports medicine and also spent time in an American sports podiatry clinic. Americans sure know how to do things on a big scale – the conference attracted over 5,000 people from all over the world!

## **Just Keep Moving Says Harvard Professor**

We all know that a sedentary lifestyle can lead to a multitude of chronic health problems. Recent research to come out of Harvard University shows that even doing 30 minutes of exercise every day may not be enough if we spend most of the day sitting at work. We need to keep moving throughout the day as well. Too many people sit for extended periods at their desk during the day and don't get enough 'incidental' exercise. If you have a desk job, try to break up the sitting with some regular walking or even just standing. Or wear a pedometer and aim for 10,000 steps per day. By simply breaking up the sitting, you'll decrease your risk of serious health problems.

***We look forward to seeing you soon!***



**PerformancePodiatry**

**90 Vulture Street, West End**

**PO Box 5325, West End, QLD, 4101**

**Ph: (07) 3846 4800**

**Fax: (07) 3846 4500**

**[www.performancepodiatry.com.au](http://www.performancepodiatry.com.au)**

