



MDC

Move

**GET ACTIVE
FOR BREAST
CANCER
RESEARCH**

MOTHER'S DAY CLASSIC TRAINING PROGRAM

Pamper your feet



Your feet can take a pounding during a walk or a run, but they can still be beautiful if you look after them.

Tell your loved ones you have homework to do and it's all about taking the time to pamper your feet (more me time).

1

Book a Podiatrist or a pedicure and get your feet pampered by the professionals, or

2

For the ticklish amongst us, give yourself a DIY home pedicure

Soak your feet in a foot spa for 10 minutes to soften your nails.

Cut your toenails so they won't rub against your running shoes. This also stops your toenails from going black.

Movement resources at mothersdayclassic.com.au/mdc-move



AIA Vitality

| HESTA |



9NEWS

