

## Keeping Kids Active in the Cold

Brr! It's shaping up to be a rough winter here in Houston-as I'm writing this, we're all home from school because of the impending snow and ice storm! Cold weather can take a toll on kids' activity levels, and their health, so I'm sharing some of my favorite tips to get them moving, even when you can't just throw them outside with a ball.

### **1. Build an Indoor Obstacle Course**

Use pillows to set up hurdles, and chairs draped with blankets to make tunnels. Include stations for activities like jump rope, ring toss, or hula hooping. Bonus points if obstacles are built on different floors of your home so stair-running becomes part of the fun.

### **2. Play Freeze Dance**

Turn on the radio or a favorite CD and get everybody dancing. When you stop the music, every one has to hold super still. Catch somebody moving? They're out! Last one still dancing wins!

### **3. Sign Up for Classes or Sports Teams**

If your child doesn't already participate in extra-curricular activities, winter might be a good time to get started. It's a guarantee that, at least once a week, time will be set aside for movement and exercise.

### **4. Play Video Games**

Kids want to do this anyways, so if you get a game for Wii or Playstation that involves jumping, running or even wiggling around, lazy Sunday morning gaming sessions become built-in workouts.

### **5. Bundle Up and Go Outside Anyway**

For little Houstonians especially, cold weather is a novelty. Even if you just want to curl up with a book by the fire, chances are kids will be excited to get outdoors-in appropriate gear, of course. Dress warmly and take a family walk while you admire the sight of your own breath!

## Strawberry Kiwi Gummies

### Ingredients:

- 2 cup - strawberries, frozen, unsweetened
- 2 medium - kiwi
- 6 tablespoon - sugar
- 2 package (1 oz) - gelatin, dry powder, unsweetened

### Directions:

1. Peel and slice the kiwis, placing them in a bowl with the strawberries and 1/4 cup sugar. Allow the strawberries to thaw (about 30 minutes).
2. Mash the fruit with a fork then strain through cheesecloth, reserving the juice; it should yield about 1 cup juice.
3. Add the juice and remaining sugar to a small saucepan, and slowly whisk in the gelatin (2 boxes or 8 envelopes worth, a total of 2 ounces).
4. Heat the mixture over medium-low for 2-3 minutes, whisking frequently until the gelatin and sugar dissolve.
5. Pour the mixture into candy molds or an 8" square baking pan.
6. Chill until completely gelled (about 1 hour).
7. Remove gummies from molds or cut into shapes and remove from pan.
8. Store any extras in an airtight container in the refrigerator for up to two weeks.



## Resolution Check-In

Last month, we talked about staying on track with your New Year's resolutions, and one of the strategies we mentioned was sharing your resolutions publicly to make sure a larger group of people is ready to hold you accountable. With that goal in mind, here are the Tanglewood Foot Specialist team's resolutions! Feel free to check-in with any of us to see how we're doing (and feel free to share your goals so we can help you stay on track, too!)

**Julia Watterson, Marketing:** My resolution is to work out four days a week, at the very least!

**Amy Sanchez, Medical Assistant:** I need to stop eating late at night.

**Yessica Torres, Office Manager:** I want to move back into my old house this year.

**Nicole Hewitt, Medical Assistant:** I've resolved to start including strength training in my fitness routine.

**Dr. Schneider:** Now that I have successfully managed to lose weight, my goal is to move more and exercise to become even healthier!

## Got Lingering Heel Pain?

According to the NIH, about 10% of people will experience heel pain at some point in their lives. In my Houston podiatry office, a good chunk of patients with persistent heel pain have plantar fasciitis—an inflammation of the ligament that connects the heel bone to the toes.

With proper treatment, the pain of plantar fasciitis should resolve; the healing process may be slow, but the problem does eventually improve or go away completely. But for some patients, their heel pain is not reflective of plantar fasciitis—it can be the symptom of a far more serious problem.

According to Dr. Rick Positano, who recently led a study on heel pain, after looking at the feet of 175 people who had been diagnosed with plantar fasciitis, 34% of those people actually had a torn ligament, while 15% had a type of benign growth known as a plantar fibroma. While none of the conditions are life threatening, they should each be treated very differently. In fact, a wrong treatment could actually make some of the conditions worse (For example, doing plantar fasciitis stretches on a torn ligament will only exacerbate the injury.)

The only way to definitively reveal the cause of your heel pain is with a diagnostic ultrasound, which can only be performed at your doctor's office. If you have been struggling with persistent heel pain and want to get a proper diagnosis for your injury, schedule an appointment with Dr. Andrew Schneider today.



## Valentine's Gift Guide

The Day of Love is right around the corner, and, because we care about you, we wanted to help you find some fabulous gifts to show your special someone just how much they mean to you! Read on for the Tanglewood Foot Specialists' Valentines Day Gift Guide:

**For Her:** It all starts with the socks, so why not treat the woman in your life to a set of four pairs that tells her how you really feel? We recommend The I Love You gift set from Arthur George, for its four sassy sayings and lots of comfort and warmth. Browse this and other options at [Shoparthurgeorge.com/collections/](http://Shoparthurgeorge.com/collections/)

**For Him:** Got a guy who loves the outdoors but hates the cold? Warm his feet (and his heart) with ThermaCell's ProFlex heated insoles, available at [Amazon.com](http://Amazon.com)

**For Mom:** Why not pamper mom with a gift that also improves foot health? The FootMate system, available at [Uncommongoods.com](http://Uncommongoods.com), gently massages feet while improving circulation and working on calluses and rough spots!

**For Kids:** Make this healthier Valentine's treat from [Superhealthykids.com](http://Superhealthykids.com) for (or with) your kids for a heart-healthy love day:



# Tanglewood Foot Specialists

*Advanced care with a compassionate touch*

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## Question Corner!

**Question:** Will stretching help my Achilles tendon problem?

**Answer:** Stretching is an important adjunct for treatment of any tendon injury, especially the Achilles tendon. Stretching mobilizes the muscle fibers and aids in reducing inflammation. You can overstretch, however. Be careful to not stretch through pain. When you start to feel discomfort in your Achilles tendon, back off a bit. Most people only stretch before exercise. It's best to warm up a bit before you stretch. You should also take time to stretch again after you finish your exercise. On days where you don't run or exercise, you should still do your basic stretching routine.

## Sudoku Corner

								9
8			3			7	6	2
7	2	6			9		4	
	6					2		3
				5				
		7					8	
	4		2			1	3	
9	7			1				
	1	2	7	8				5

## December Answers:

6	1	2	8	9	7	4	5	3
3	8	5	6	2	4	1	7	9
9	4	7	3	5	1	6	2	8
8	6	9	1	7	5	3	4	2
2	5	1	4	3	8	9	6	7
4	7	3	9	6	2	8	1	5
5	9	6	7	1	3	2	8	4
1	2	4	5	8	9	7	3	6
7	3	8	2	4	6	5	9	1

## From the desk of Dr. Andrew Schneider:

Thank you for taking the time to read our January 2018 Newsletter. Our goal is to keep you informed and entertained each month. Please feel free to pass this newsletter along to a friend or loved one who you think may benefit from this information.



Even better, if you would like someone subscribed for our future editions, just let us know! They can subscribe easily online at [www.tanglewoodfootspecialists.com](http://www.tanglewoodfootspecialists.com). Thank you and Happy Holidays!