

Take These 4 Steps for Happier Feet

Like tires on a car, your feet are the foundation of your body. Here's how to keep them healthy.

By [Penny Musco](#) | May 25, 2021 | [Health](#)

When I noticed Dr. Jill Biden walking in pointy-toed high heels in her husband's inaugural parade, I thought, *her feet must be killing her!* Not that I know much about her, but as a woman only a few years her junior, I know I can't wear those kinds of shoes for very long anymore.



Credit: Getty

That's because of a problem impacting nearly all mature adults — fat pad atrophy, when the cushion on the balls of our feet thins out, causing inflammation and marked tenderness.

Like every other part of our body, our feet change as we get older. No surprise there: not only do we spend a lot of hours just standing around, but by the time we turn 50, most of us have logged 75,000 miles strolling, running and bouncing in all kinds of shoes ([or not](#)), according to the American Podiatric Medical Association.

And although we schedule regular exams for our teeth, eyes, and general well-being, our feet, our literal support, usually get the short shrift.

Yet, "To pay attention to your feet is to pay attention to your overall health," says Marian Hannan, professor of