



## January 2017 Newsletter

Welcome to 2017 with Gait Way Podiatry! We hope you had a very merry christmas and are expectant for an exciting new year, bigger and better than 2016. For us here at Gait Way, we are looking forward to a year with 100% commitment to our motto of 'Excellence in Footcare' doing all we can to keep your feet in tip top condition.

Just a reminder also for those of school age who wear orthotics or require advice regarding school shoes, now is the time to come on in and have your orthotics checked. Appointments are booking out fast so be quick as there are only 2 weeks left before the first day back. If you're still on the hunt for the perfect pair of shoes, here are a few things to look for when buying new shoes for school:



- Have both feet measured for length and width because its not uncommon to have a ½ size difference.
- Avoid slip on shoes. Laces, velcro or straps create more support for the foot.
- The toe area of the shoe should be roomy enough to allow the toes to move freely and not be squashed.
- A nice firm, snug heel counter provides additional support
- Ideally the shoe should not bend excessively – if you can bend the shoe in half, there is not adequate support.

## Recipe of the Month: Roasted Beetroot and Feta Salad

- 1 medium beetroot
- 50g baby spinach
- ½ small red onion, thinly sliced
- 75g feta, crumbled
- ¼ cup walnuts, lightly toasted
- 2 tbs orange juice
- 1 tbs olive oil
- ½ tsp dijon mustard
- Salt & pepper to season



1. Preheat oven to 180°C/160°C fan-forced. Wash beetroot, pat dry and wrap in foil. Place on a baking tray and roast for 1 hour or until tender. Cool for 15 minutes.
2. Wearing gloves, peel and discard skin from beetroot. Cut beetroot into 2cm pieces.
3. Combine spinach, onion, feta, walnuts and beetroot in a bowl. Toss to combine.
4. Place orange juice, oil and mustard in a screw-top jar. Season with salt and pepper. Secure lid. Shake to combine. Add to beetroot mixture. Toss to combine. Serve.