



Press Release

FOR IMMEDIATE RELEASE

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Recent Study Shows Feet making Americans Fat

Tulsa, OK – A shocking 72 percent of Americans say they don't exercise because foot pain prevents them from doing so, according to a recent study by the American Podiatric Medical Association (APMA). The study also showed that feet were the number one body part to experience pain, but the most ignored when it comes to their overall health.

Obesity is no surprise to Oklahomans where half the population is overweight; and more than 20 percent is obese, according to the Oklahoma State Medical Association. Persons who are as little as 10 pounds overweight can experience far greater pressures on the bottom of their foot, as well as it can damage the arches and joints of the foot and ankle. Obesity significantly increases the impact on the feet.

There is a unique solution for people who have feet damaged from not being able to exercise. Unlike drugstore arch supports that are cushions designed to fit your shoe size and wear out quickly or custom made orthotics that are very expensive and fabricated from a mold of your already damaged arch; a local company has a unique way to help the 26 bones and 4 arches in your feet find their ideal position so your body can heal itself naturally from the ground up.

“Our product has improved the quality of life for thousands of Tulsans. Improved balance, stability and support are allowing them to get back to doing the things they love without foot pain,” said Aaron Compton, licensed pedorthist and owner of the Ideal Feet store in Tulsa.

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