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Start the New Year with New Shoes



Did you know that January 23rd is National Measure Your Feet Day? The New Year is a time for fresh starts and that goes for your footwear as well. For most of us, we stop getting our feet measured once we become adults and then assume our foot size stays the same. However, it's not uncommon for our shoe size to increase as we age. It's because over time tendons and ligaments get stretched and lose some of their elasticity which results in foot spread.

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5 New Year's Resolutions for Your Feet

It's that time! Trying to decide what self-improvement steps you'll take this year? We'd like to encourage our patients to make some resolutions to improve foot health as well.

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Find a Podiatrist

Your feet work very hard for you and taking care of them is essential for your overall health. At NY Foot Health, we put together a list of highly recommended podiatrists committed to helping you with your foot or ankle issues. Click on the button below to find a podiatrist near you!

[Find A Podiatrist Near You](#)



Recipe of the Month

Rosemary Chicken with Sweet Potatoes

Chicken and sweet potatoes unite with the delicious taste of rosemary in this easy, one-skillet meal.



Ingredients:

- 4 teaspoons canola or olive oil
- 3 cloves garlic, minced
- ¾ teaspoon kosher salt
- ½ teaspoon snipped fresh rosemary
- ½ teaspoon freshly ground black pepper
- 1 20-ounce package refrigerated diced sweet potatoes, such as Simply Potatoes®
- 2 (8 ounce) skinless, boneless chicken breast halves, halved crosswise
- 1 lemon, thinly sliced

Directions:

1. In a 12-inch nonstick skillet heat 3 teaspoons of the oil over medium. Stir in garlic, 1/2 teaspoon of salt, 1/4 teaspoon of rosemary, and 1/4 teaspoon of pepper. Add potatoes; toss to coat. Cook, covered, for 5 minutes (do not stir).
2. Push potatoes to one side of the skillet. Add the remaining 1 teaspoon of oil to the other side of the skillet. Arrange chicken in a skillet alongside potatoes. Cook, uncovered, 8 minutes.
3. Stir potatoes and turn chicken. Sprinkle chicken with the remaining 1/4 teaspoon salt, rosemary, and pepper. Top with lemon slices. Cook, covered, 8 to 10 minutes more or until chicken is done (165 degrees F) and potatoes are brown. (If needed, remove potatoes as they are done and continue cooking chicken until done.) Sprinkle with additional rosemary to your liking.

Recipe Courtesy of www.eatingwell.com

Need More info?

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