



## Why You Need Happy Feet®

It's impossible to feel your best when your feet hurt.

Every day, the average person takes 18,000 steps on the 26 bones in their feet! That means your feet—and legs, knees and back—sustain thousands of pounds of pressure. Long hours on your feet and walking on hard surfaces only compound the strain.

It's no wonder that pain, discomfort and fatigue can cause or intensify a variety of foot disorders from arthritis, heel spurs, corns and calluses to bunions and blisters. Everyone can benefit from wearing Happy Feet®.



## Why Happy Feet® Work

### Breathable Moisture Management

Unique, breathable fabric wicks moisture to help keep your feet dry and comfortable. Anti-Microbial Treatment resists odor and mildew.

### Cost-effective

Happy Feet® easily transfer to different pairs of shoes and last up to six times longer than ordinary brands.

### Versatile For Most Shoes And Activities

Happy Feet® are perfect in any flat, dress or casual shoe and are designed for standing, walking and low impact sports like golf, bowling, hiking and aerobics.

### Adjustable Length

Trim toe area as needed to prevent crowding at the heel and bunching at the arches.

### Where do you cut them?

You can trim the material at the toes but DO NOT go lower than the 3rd line.



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### Frequently Asked Questions

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#### Which side is up?

A: Happy Feet® insoles are reversible. You may wear them whichever way feels most comfortable to you.

#### Do you carry children's sizes?

We do not currently manufacture children's size Happy Feet® insoles.



#### What is thong cut?

Thong cut is to wear with sandals.

#### Can Happy Feet® be worn with my orthotics?

Yes, you can wear your orthotics and Happy Feet® together. If you are unsure, please check with the physician who prescribed the orthotics to you.

#### Do I leave my shoe insole in or take it out when wearing Happy Feet®?

Leave the insoles your shoes came with. If your shoe is too tight with both the Happy Feet® and shoe insole, you can try removing the shoe insole.

#### Can I trim the sides?

No, this will cause the insoles to leak.

### Getting Accustomed to Your Happy Feet®

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Happy Feet® Massaging Insoles are designed for everyday use, with particular benefit for those who spend hours on their feet.

We recommend you grow accustomed to your Happy Feet® insoles over a 2-week period. Starting at two hours per day, gradually extend to full-time use to help feet adjust to increased blood circulation (at first your feet may feel warm).

Happy Feet® feel different. You might experience a "weird" sensation the first time you wear them. No surprise, since Happy Feet® are not ordinary insoles! After a few days, the "weird" feeling will be replaced by therapeutic comfort.

#### CARE INSTRUCTIONS

##### Easy Care

Hand or machine wash with soap and water. For maximum durability, keep Happy Feet® clean. **Wash weekly** and AIR DRY ONLY. Happy Feet® are not micro-wavable.

##### Important

Remove all foreign material, grit, and sand from shoes, before inserting Happy Feet®. Work Happy Feet® into each shoe, until they lie flat and snug. For perfect fit, occasional trimming may be required. Trim toe area only.