

12 Harmful Habits That Hurt Our Feet: Insights from [A Podiatrist in Marietta, GA](#)

1. *Ignoring changes in your feet*

2. *Wearing flat shoes regularly*

3. *Buying shoes without getting measured*

4. *Improper cutting of toenails*

5. *Not wearing socks*

6. *Running barefoot*

7. *Getting pedicures from a non-professional*

8. *Wearing worn-out shoes*

9. *Running long distance in a new pair of shoes*

10. *Forgetting to exercise your feet*

11. *Shopping for shoes early in the day*

12. *Not seeking treatment early enough*