



WINTER 2026

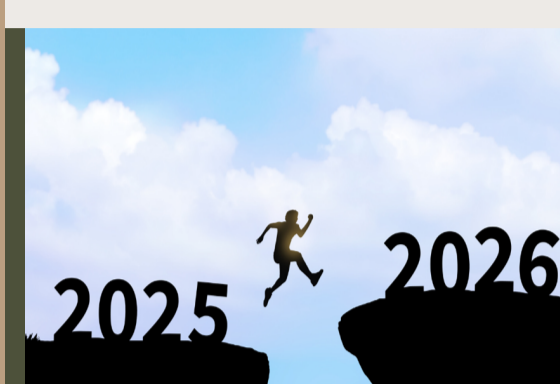


### IN THIS ISSUE

- Foot Care Resolutions for 2026
- Can Shoes Sabotage Your Fitness Goals?
- From our Blog: Why Weight Loss Is the Best New Year's Resolution for Your Feet
- From our Blog: The Real Reason Your Shins Are Hurting
- What Our Patients Are Saying
- This Month in January
- Recipe of the Month: High Protein Breakfast Sandwiches

### FEATURED ARTICLES

#### Foot Care Resolutions for 2026



A new year brings fresh motivation to take better care of your health, and your feet are a great place to start. They support every step you take, yet many people overlook foot health until something hurts.

[Click Here to Read More](#)

#### Can Shoes Sabotage Your Fitness Goals?

New year, new motivation, which often means a renewed commitment to fitness. Whether you're walking more, hitting the gym, or training for your first 5K, the right shoes can make or break your progress.

[Click Here to Read More](#)



### OUR BLOG ARTICLES

#### Why Weight Loss Is the Best New Year's Resolution for Your Feet



The gym parking lots are jammed, the salad bar line is out the door, and everyone is determined to shed a few pounds. Most people set weight loss goals because they want more energy, better-fitting jeans, or improved heart health.

[Click Here to Read More](#)

#### The Real Reason Your Shins Are Hurting

If you've ever gone for a run, or even just a power walk in the wrong shoes and felt that throbbing ache along the front of your legs, you've probably felt shin splints. But what if we told you that your shins may not be to blame?

[Click Here to Read More](#)



### MEET OUR DOCTORS



BRADLEY A. WHITAKER, D.P.M., FACFAS



PETER C. MERRILL, D.P.M., AACFAS



ZENO PFAUF, D.P.M., AACFAS

[Read More Here](#)

### ★★★★★ Google Review

Dr. Whitaker is always kind and compassionate. He is an experienced and skilled doctor. The office staff has been very nice and competent. Great office and staff!  
- L.L.



### RECIPE OF THE MONTH



[Click Here for the Full Recipe](#)



Recipe courtesy of [allthehealthythings.com](http://allthehealthythings.com)

### THIS MONTH IN JANUARY

#### 📅 INTERESTING DATES

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1 New Year's Day
- 15 National Bagel Day
- 19 Martin Luther King Jr. Day
- 23 Measure Your Feet Day
- 30 National Fun at Work Day
- 31 National Hot Chocolate Day

#### 📖 HISTORICAL FACTS

- ★ **January 7, 1789** – The first U.S. presidential election was held, starting a peaceful voting tradition.
- ★ **January 9, 2007** – Apple introduced the iPhone, transforming how the world connects.
- ★ **January 13, 1910** – First public radio broadcast, opening a new era of communication.
- ★ **January 24, 1848** – Gold was discovered at Sutter's Mill, kicking off the California Gold Rush and massive growth.
- ★ **January 29, 1929** – The Seeing Eye was founded, the first U.S. guide-dog school, empowering the blind community.

[REQUEST AN APPOINTMENT TODAY!](#)



[f](#) [x](#) [in](#) [B](#)

Naranja Medical Plaza  
2163 W Orange Grove Rd.  
Tucson, AZ 85741

[Need more info?](#)

(520) 575-0800  
(520) 575-0093 fax  
[www.mytucsonpodiatrist.com](http://www.mytucsonpodiatrist.com)

[Click Here for Office Hours](#)

Oro Valley Medical Office  
12460 N Rancho Vistoso Blvd., Suite 110  
Oro Valley, AZ 85755

[CONTACT US →](#)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

