An Arm and a Leg  [1]

Week of:
Apr 03, 2015

Firming up flabby arms [2]

Dear Alice,

What can be done about flabby arms?

Read more [2]

Shin pains from walking? [3]

Dear Alice,

I live down on 96th Street and walk to Columbia (Morningside) everyday, sometimes going back and forth twice. I never really feel "fatigue" per se, but I've been having a lot of pain in my shins while walking. It subsides after a few minutes of sitting, and it doesn't happen while walking around campus, up stairs, etc. I do have flat feet, and apparently when I was younger I had a brace on my feet. I have never had this problem before, however. I haven't been doing anything unusual, either (except for walking up to school and back since this fall began.). What could this possibly mean?

-Sens-a-Shins

Read more [3]

Burn more calories by swinging arms while walking? [4]

Hi Alice,

What effects do varied terrain (uphill, downhill, rough ground, etc.) and exaggerated arm movements (swinging, pumping, etc.) have on caloric expenditure?

Read more [4]
**Crooked legs ? "outtoeing"? [5]**

Dear Alice,

I could not find anything related to this in your archives. I'm not sure if this is relevant to my problem or not, but I am a skinny, 19 year old male, and I have no history of sprained ankles, broken legs, or foot injuries.

My feet naturally point about 45 degrees out from my knees. I have always walked awkwardly. I have also had a lot of trouble with shoes wearing out unusually quickly and hurting my feet when they are new.

I tried pointing my feet forward, but that hurt my knees by forcing them to point inwards. I can straighten both my knees and my feet, but it feels very awkward and puts a lot of strain on my legs. I have also received a lot of comments on angle of my feet.

Is there a way to correct this problem without expensive surgery? Will I permanently injure my legs if I continue trying to force my feet into a straighter position? If pointing my feet forwards is not an option, can you recommend a comfortable way to walk with my feet as they are that will not look strange or put too much strain on my legs?

? Worried and Awkward

Read more [5]

**Men's legs and shaving [6]**

Dear Alice,

I'm an 18-year-old guy, and I'm thinking about shaving my legs this summer. Basically my legs seem too hairy for my liking and it makes them feel less clean to me. Is it strange to feel this way? I've wanted to try this for a while, but have been worried about what others' reaction will be. Would people think I am totally strange or would they even take notice? I've heard that cyclists and swimmers often shave their legs in preparation for competitions ? what kind of reaction does that draw? Thanks for any advice you can give.

Read more [6]
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/node/24501#comment-0

Links