

Five for Feet: How To Kick Start Your Foot Fitness!



Introduction: I've been working with feet and shoes for over a decade to improve health and fitness. The more I learn about the foot—the more I respect the foot and realize this is where we need to begin—from *the ground up!* Regarding overall foot fitness, I've learned that most shoes hurt feet—not help. There are numerous factors to consider when selecting “*foot-friendly*” shoes to improve “*foot fitness*” (and health). Despite all the important issues regarding shoes and the health of your feet—there are five major concepts I'd like you to understand in order improve the fitness of your feet.



“Meet Your Feet—Then Get Out of Their Way!” –Coach RJ

1. **Flexible Shoes:** Your “first step” towards improving foot fitness is to wear flexible shoes! In order for your feet to *feel the ground* and move more naturally, shoes should be flexible.
2. **Minimal Heel Lift:** In reality, to have a true *neutral foot/ankle relationship*, there can be NO heel lift; however, eliminating all heels in shoes is not realistic for most people. To simplify and make more reasonable, do your best to wear shoes with the least amount of heel lift most of the time. Reserve higher heel lift shoes for special occasions.
3. **Walk Barefoot @ Home:** A great way to improve the overall health and fitness of your feet is to simply walk around the house barefoot. Barefoot walking “wakes up” the nerves and muscles in your feet as your feet do all the work without help from shoes.
4. **FootLog Therapy Tool:** Get one. Use it 60 seconds per day to wake up the nerves along the bottoms of your feet. Your feet will love it. The FootLog is the most amazing foot-health tool on the planet!
5. **Feet First-Not Shoes!** Your feet should not have to conform to your shoes. *Your shoes need to stay out of the way of your feet!* In particular, *make sure your shoes are wide enough* to allow your forefoot and toes to spread and grasp the ground which optimizes both gait and balance.

*For more details, see my “***Health From the Ground Up: A Practical Guide to Understanding Feet, Ankles, & Shoes***” workbook link below:

www.ronjones.org/Feet/index.html

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Get Fit.  Be Strong.