

# FEET



Healthy, Strong, Flexible, and Agile FEET is the goal. How do we get there? Here are some of the processes we need to do to get and keep our feet healthy!

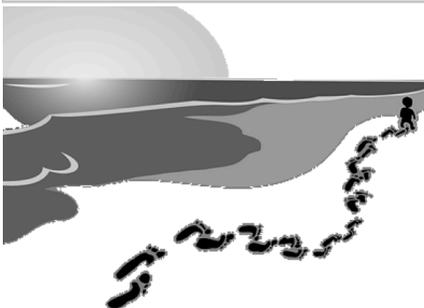
## DAILY EXERCISE/ MOVEMENT

Short Foot Exercise  
Ball Fascia Release  
Walking on Textured  
Surfaces  
Walking Barefoot  
Stretching  
Massage  
Inspection

## WEEKLY/MONTHLY

Trim Nails  
Clean and Inspect  
Wear Patterns on  
Shoes  
Test Strength/  
Mobility  
Pain/Inflammation

**CONCERNS:** Loss of feeling, loss of strength, imbalances from left/right or front/back, pain in any form, toe malformations, nail inflammation, bone spurs, cramping, cold to touch, red or speckled, shoes not fitting properly, going to sleep often, numbness with no cause, or other inconsistencies: go see your doctor.



## GETTING SOCIAL USING OUR FEET:

HAVE  
FUN!

take a walk  
walk a labyrinth  
build a textured path  
barefoot run  
go for pedicures  
exercise class - yoga, dancing, ballet, parkour

# WALK



Walking is a great way to move, get your circulation going, get grounded, and also to stack all the above and more! Running is a different animal and not everyone should run, even if barefoot - tread lightly!

## DAILY

barefoot if you can  
varied surfaces  
include balance  
include dynamic moves  
include gripping toes  
incline/decline  
stepping up/down  
stop/start  
eyes on horizon  
w/ & w/out water  
safety equip.

## WEEKLY/MONTHLY

object on head  
in silence  
carrying extra weight  
in varied weather  
at different times  
long, calm walks  
varied breathing tech.  
backpack/bug out bag  
walk away clothes  
after dark

**CONCERNS:** When there is pain while walking it is important to get to the cause and not just mask the effect. Most pain comes from misalignment due to posture imbalance. But it could be shoes, bone spurs, clothing, head posture, old habits, tendons, ligaments, muscle strain, old injuries, scar tissue, etc. So get to the root cause before you keep on walkin’



## GETTING SOCIAL WALKING:

Walking with the dog,  
friends,  
nature,  
family  
prayer  
meditation  
cardio  
vagal tone

is all a great way to build it into a daily practice!

# FOCUS

Focus as a daily habit? Yes! Focus is what keeps you alive and drives your life. Holding focus on what you want vs. what you don't want is a lifetime skill in a world of distraction.

## DAILY

choose what to focus on  
pick one primary area  
identify distractions  
watch for obsession  
pay attention to what  
takes your focus away  
write it down  
draw it into form  
put up sticky notes  
review at the end of the  
day how you did

## WEEKLY/MONTHLY

review your week  
review your month  
are you moving in the  
direction you want?  
how often did you lose  
focus?  
is your focus serving  
your life/goals  
how much of your time  
is lost out of focus?  
did you stick w/one  
thing?

**CONCERNS:** Overfocused, underfocused, brain fog, easily distracted, over visually oriented, trouble finding focus, aging, memory loss, and more. If you find you can't concentrate on what you want to, when you want to - seek the deeper cause, don't push harder by taking drugs, stimulants, etc.

## GETTING SOCIAL w/ your OBJECT of FOCUS:



Can you share it  
Can you be creative with it  
Can you learn from it  
Can you benefit from it  
Can you build on it  
Can you walk away from it  
Can you let it go  
Can you appreciate it  
Can you love it?