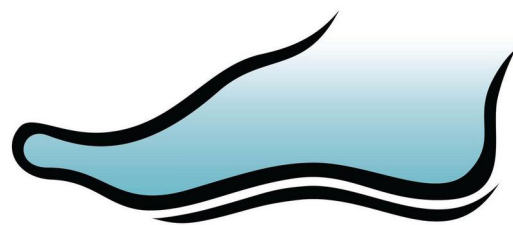


Simple Foot Exercises Can Make A Big Difference

Prepared for you by:



WalkEZstore

Simple Foot Exercises Can Make A Big Difference

Feet are the foundation of our overall health and are generally the most neglected.

Here's a bonus of some quick and simple exercises that will help to strengthen your feet so they can carry you forward into a lifetime of better health!

Stretch!

Point the toes stretching hard, and then flex the foot towards your body pulling hard. Repeat this motion several times in preparation for the other exercises to follow.

EXERCISE #1

Pick up a washcloth, towel, or marbles with your toes. This can help build arch strength.

EXERCISE #2

Stand on one foot for 10 seconds, then the other foot for 10 seconds. Try to increase this time as you develop stronger feet. This helps build core strength along with stronger ankles.



EXERCISE #3

Spread, point, and individually lift your toes. This is easier said than done as most of us do not use our toes like we use our fingers. But work it! Improving the dexterity of the toes will greatly improve foot health. You may be discouraged at first due to the difficulty, but keep trying. Soon you will see improvement and be boasting to your friends about your toe tricks!



EXERCISE #4

Roll a tennis ball under your foot. This is a massaging motion that stimulates blood flow and restores health to the feet and the rest of the body according to reflexology. In

general it simply feels good, but the benefits are even better!



EXERCISE #5

Stand on your tip toes for a few minutes as this helps stretch and strengthen the calf muscles which are key to having a healthy arch. Calf muscles that are too tight may cause a lack of proper articulation in the feet and can be a host to many other foot/body pain issues.



These simple yet effective exercises when added to your existing exercise routine can become a key component to the overall health and wellbeing of your body and especially your feet! Remember, your feet are your foundation. A foundation must be strong and stay sturdy if the building is going to remain standing. Therefore, to maintain a strong and sturdy body we must start with strong and healthy feet. Don't forget your feet during your workout because... when feet feel good you feel good!

For more info go to www.walkeystore.com/shoe-fitting-reference-guide.

- **Simple foot exercises are important to muscular health**
- **Circulatory health is improved with regular foot exercise**
- **Foot exercises are great for your overall body health**

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