

A woman with long blonde hair, wearing a white, off-the-shoulder, long-sleeved top and shorts, is walking barefoot on a sandy beach. She is facing away from the camera, looking out at the ocean. The sky is a vibrant mix of orange, yellow, and blue, indicating a sunset or sunrise. The waves are breaking on the shore, and the sand is wet and reflective.

# Health Benefits of Walking Barefoot

- \* Connect to Nature
- \* Decreases emotional upset and anxiety
- \* Absorb free energy from the Earth
- \* Pushes off the body's dirty electricity absorbed from electronics
- \* Strengthens and stretches the muscles, tendons, and ligaments in your feet, ankles, and calves
- \* Provides free reflexology and toe stretching
- \* Improves Circadian rhythms
- \* Delivers all the benefits of Grounding and Earthing

**David Avocado Wolfe**

The most efficient biomechanical walking stride is heel-first into a forefoot pushoff when the foot remains on the ground. Where as, when running "Barefoot Ted" pioneer of the barefoot movement from Seattle, Washington, says runners need to focus on a silent, smooth fore foot landing, quicken your cadence and run with stable, upright posture. McDonald explains that forefoot landings' ... have the impact of landing start in the forefoot and quickly spread throughout the entire leg smoothly. Absorb how a big cat or dog how their flowing movement wastes little energy on the pound or sound." As Pave Tsatsouline Chief Instructor for Strong First states, "Expensive athletic running shoes or custom Orthodrics can possibly set you back physically and financially is why shoes minimal soles are required when training.

**For minimalist footwear try a pair of LUNA SANDALS which strap to your foot and remain in-place throughout the walking or running stride.**



## THE KETTLEBELL LADY

**Diagram 1:**  
**Westerner's heel strike.** Note the dorsi-flexion. Ball of toe still well above ground.



**Diagram 2:**  
**Westerner's foot at moment of foot "Slam down".** Lower leg is still tilted backward, and the ankle is not in its strong middle position.



**Diagram 3:**  
**Bushman's foot touchdown.** Minimal dorsiflexion, and the ball of the toe is already close to the ground.



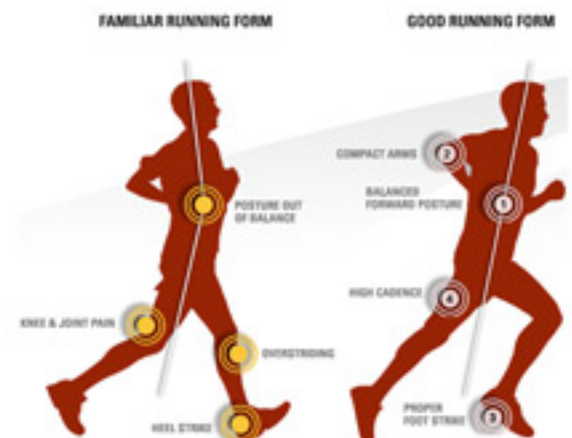
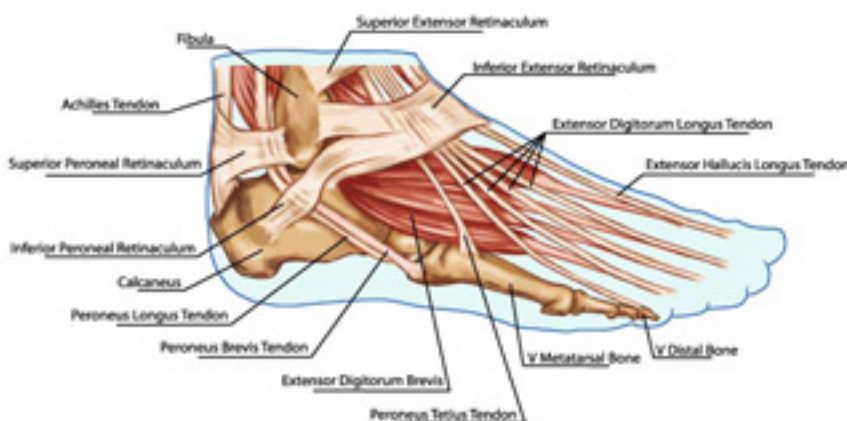
**Diagram 4:**  
**Bushman's foot at the moment of Foot "Touchdown".** It doesn't "slam down", and the ankle is in its strong middle position.



The foot arch forming muscles are comprised of:

The short muscles within the arch of the foot (there are four layers of them, comprising 50 individually named muscle units!!).

The long muscles which are housed in the tibial posterior compartment (Tibialis posterioris and the long flexors of the toes)



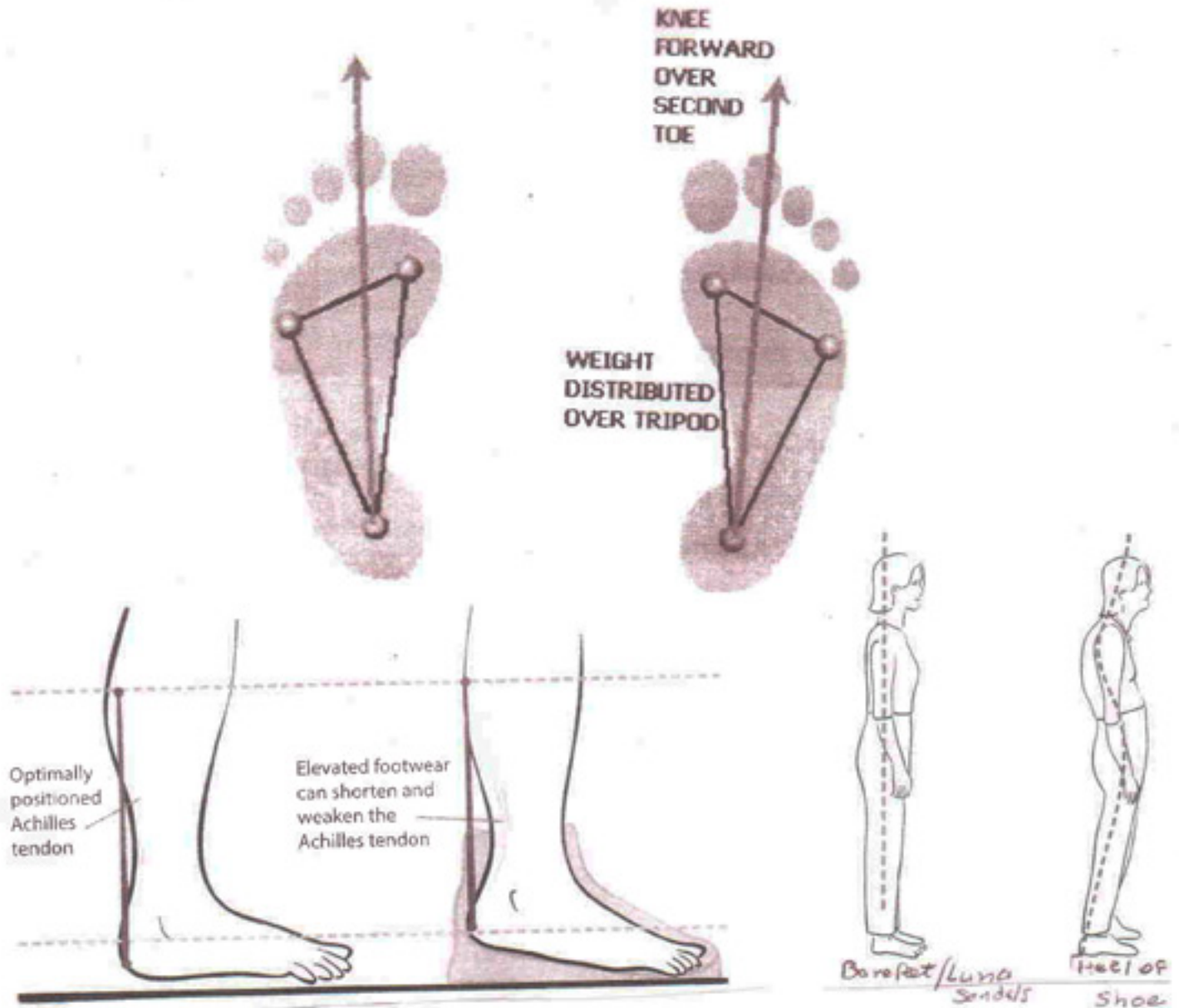
**The Kettlebell Lady Leanne Wylet, Cross Fitness Instructor for Movement efficiency**

**Specialties: Orthopedic Exercise, Functional Movement, Hard Style/High Intensity Kettlebell Fitness Train Movement Patterns -- Restore Balance, Timing & Power for Pain Free Movement**



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## Tripod Foot / Robertson Training Systems



[http://www.easyvigour.net.nz/fitness/h\\_gluteus\\_max\\_leg.htm](http://www.easyvigour.net.nz/fitness/h_gluteus_max_leg.htm)

<http://www.easyvigour.net.nz/casestudy/pfoottripod.gif>

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