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To avoid injury and maximize physical benefit, it is essential to make the transition with care. Whole Body Barefoot covers: • While barefoot is natural, the surfaces we frequent most are not. • Your foot (legs, hips, etc.) have adapted to footwear, affecting more of your parts than you realize.

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Whole Body Barefoot : Transitioning Well to Minimal Footwear

In Whole Body Barefoot, biomechanist Katy Bowman explains how both sides are right and wrong by broadening the perspective of over-simplified "shoes are good" or "shoes are bad" arguments. Using evolutionary-based and biomechanics

arguments, Katy demonstrates that shoes, in a modern context, have purpose, but that the trade-off for protection can be reduced whole-body health if we don't pick the right shoes for our body and skill-level.

Whole Body Barefoot: Transitioning Well to Minimal ...

Whole Body Barefoot will help you safely and effectively transition to minimal footwear, reaping the enormous benefits of freeing your feet without injuring yourself along the way. Whole Body Barefoot presents: How conventional shoes can cause your body to lose mobility and muscle; The importance of walking on natural surfaces

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Any body can transition to a less invasive shoe through thoughtful progressions of corrective exercise, movement patterns, and shoe selection. To avoid injury and maximize physical benefit, it is essential to make the transition with care. Whole Body Barefoot covers: • While barefoot is natural, the surfaces we frequent most are not.

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