

foot fitness

♥ Our feet are our base of support, take some time to check if they are working correctly, give them a good stretch, some pilates or yoga would be great, go slowly at first especially if they are not used to it, don't forget to show them some love after their workout.



Lovey stuff

When you start to love yourself more, you will be surprised just how good life will get. You will get the job you want, money will appear, beautiful relationships will come your way, you will feel fantabulous you will I promise.

The first step in learning to love yourself is self care. Taking care of and appreciating that beautiful bod.

Come on lets do it baby.

I'm here lets do it together.



LOVE ♥ LOVE ♥ LOVE

Perfect posture

Check your posture

- Stand with your head up straight and your chin tucked in.
- Shoulder blades level, hips equal & even.
- Knees facing forwards, abs tight (yeah right)
- Lift your chin a little, lengthen your spine.
- Keep your pelvis even, not forward or backward.
- This is the perfect standing position

Standing in this position get someone to take photos of your feet from the front, back and inside.



Weight should be even across the ball and heel. The ankle should be in the middle of the foot.



The ankle is leaning in, collapsing the arch straining the knee.



The ankle is in the centre of the foot and the arch is visible



The ankle is rolled in causing the arch to disappear.

my posture

Day one

Date _____

← Arch



Day 30

front →

Date _____



Thoughts

Morning Feet

Try this routine every morning its a fab way to wake your feet for the day.

- Wake gently
- Wiggle your toes
- Stretch your legs
- Slowly move to sitting position with your feet off the side of the bed.
- Go to the bathroom if you have to, sometimes I can wait other times I just gotta go.
- Settle back into the sitting position.
- Push one foot forward as if on the exceleator and pull the other one back, hold for 5 seconds, repeat this 10 x.
- Now with you feet straight out in front of you (you can rest your heels on the ground) try to turn your soles to face each other, keep your legs straight. Hold for 5 seconds, relax then repeat 10 times. Now the other way, feet straight out then try to turn the tops of the feet to face each other. Repeat 10 times.

- Next rotate your ankles 10 times each way. You can do them separately or together.



- Now stretch your toes nice & wide, try wiggling each one separately. I have a couple of stubborn ones.

Pilates

♥ Sit on a chair + lay a bath towel out lengthways in front of your feet.

Place one foot on the edge of the towel.

With your toes and ball of the foot scrunch the towel to the back of your foot. Repeat five times with each foot.

♥ Stand barefoot on a smooth surface with your feet shoulder width apart. Starting with your right foot, press your toes into the floor + scrunch them so your heel moves forward and your foot arches. (like a caterpillar)

Don't lose sight of your toe nails.

Then ground your heel and flatten your toes so your foot returns to the starting position.

Repeat with your other foot.

Do this daily for 30 seconds.



Yoga toes



Benefits:

- Opens toes & feet & strengthens the ankles.
- Stimulates all lower body meridians.

Contra Indications:

- Sitting on the heels may strain the knees.
- If ankle or toe joints are tight, don't hold for too long.

Getting into the pose:

- Begin by sitting on your heels with your feet together. tuck toes under & try to be on the balls of the feet, not the tippy toes. Reach down & tuck the little toes under.

Alternatives & Options:

- If the pose becomes too challenging, stand up on the knees, relieving most of the pressure on toe joints, sit back down when you can handle it.
- Don't stay if in pain.

Hold times:

- Two to three minutes

Coming out:

- This one can be quite juicy, so come out slowly, enjoying every single minute. Lean forward onto your hands, lift your hips forward, and release your feet. Point feet backwards & sit on heels again Sigh!

Arches

Our arches provide us with flexibility, they help to absorb shock, they distribute the weight of the body (mine have a big job there) they help the feet adapt to surface changes when we walk, run, climb + hop.

Lack of proper arch strength + flexibility can lead to fallen arches, ankle, knee, hip, back shoulder and neck problems.

Try this...

Take your shoes off, place your thumb on the bone centred over your arch that runs down to your big toe. (The knobby bump that sticks up on top of your foot) Push down with your thumb on the bone.

Can you feel the muscles under your feet relax and release. When you remove your thumb do the muscles lift your arch again. (Just slightly)

Pressure across the top of your foot tells the muscles under the foot to relax. When they relax they aren't do the job they should which can result in cucky feet and aches and pains.

Pressure across the top of the foot can be caused by having your shoes laced too tightly or a tight strap or elastic over your foot.

How to tie your trainers



Lace shoes without crossing the laces at the centre thus leaving a space to avoid pressure across the top of the arch.

This really worked for me, every time I walked my feet would ache and I would get pains in my shins, now with my fab new lace up job. I don't have a problem. Thankyou

www.Centerworks.com.