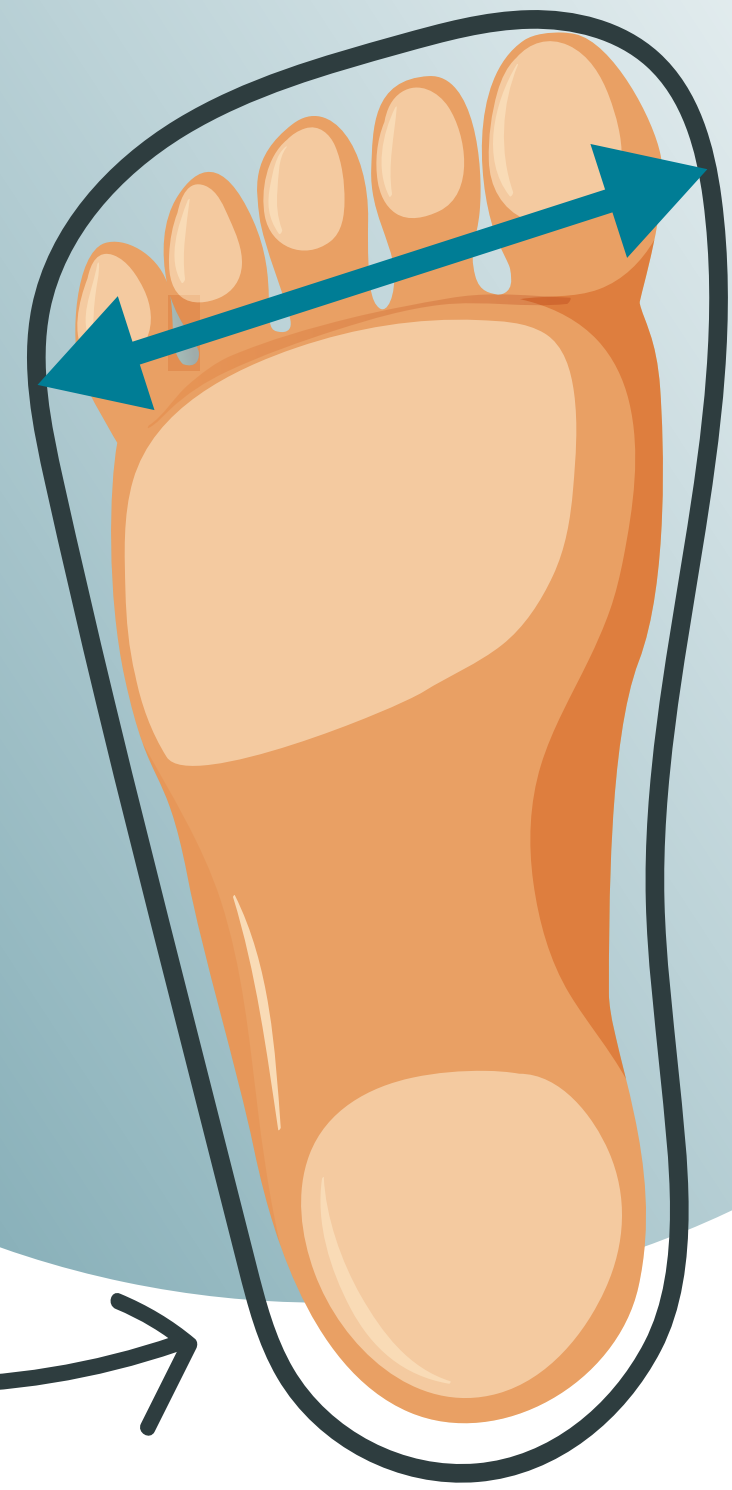


What makes a shoe functional?

1

Wide toe box, not just a wide shoe



2

Foot shaped design



3

Flat sole: Heel and toe are in the same plane



4

Flexible, thin sole: The shoe can bend



4 Exercises to Accompany Your Functional Footwear

By improving the health of our feet, we ensure that we will be able to walk long distances as we age!

Functional footwear improves our quality of life!

Benefits of Functional Footwear:



Feet are more comfortable!
Less pain because they are in the position they were designed to be in!



Feet get stronger.
Research shows that muscles actually get stronger.



By placing your tendons in a more optimal position, we can maintain tendon health as we age.

Research

Davis IS, Hollander K, Lieberman DE, Ridge ST, Sacco ICN, Wearing SC. Stepping Back to Minimal Footwear: Applications Across the Lifespan. *Exerc Sport Sci Rev.* 2021 Oct 1;49(4):228-243.

Ridge, Sarah T.; Olsen, Mark T.; Bruening, Dustin A.; Jurgensmeier, Kevin; Griffin, David; Davis, Irene S.; and Johnson, A. Wayne, Walking in Minimalist Shoes Is Effective for Strengthening Foot Muscles. *Medicine & Science in Sports & Exercise* 51(1):p 104-113, January 2019.