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Whole Body Barefoot: Transitioning Well to Minimal ...
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Whole Body Barefoot: Transitioning Well To Minimal Footwear \$ 10.46. We highly recommend this book if you're transitioning into minimal footwear. In general we love all of Katy's work. She is a fabulous, kind and warmhearted source of accurate, no BS, ...

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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.

WHOLE BODY BAREFOOT - propriometricspress.com
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.

Whole Body Barefoot: Transitioning Well to Minimal ...
Whole Body Barefoot presents: How conventional shoes can cause your body to lose mobility and muscle, The importance of walking on natural surfaces, The corrective exercises that can transition your shoe-adapted feet and legs, Vitamin "Texture"—and how the latest research on toe-walking and texture might mean that barefoot time is essential to walking well. With clear, science-based ...

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