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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

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lose mobility and  
muscle; The  
importance of walking  
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Any body can transition  
to a less invasive shoe  
through thoughtful  
progressions of  
corrective exercise,

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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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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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Barefoot:**

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# Get Free Whole Body Barefoot Transitioning Well To Minimal ...

Katy Bowman's Whole Body Barefoot is the perfect guide to make the transition. This is the second time Katy has caused me to break my "read it and pass it on" rule for books. Whole Body Barefoot is yet another tool that needs to be in my Wellness Practitioner tool bag.

**Whole Body**  
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# Get Free Whole Body Barefoot Transitioning Well **Barefoot: Transitioning Well to Minimal ... Footwear**

If only these poor folks had this book! Whole Body Barefoot is an indispensable guide for anyone looking to make the successful transition to minimalist footwear, with the added bonus of improving the function of their entire body!”.

**Whole Body  
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# Get Free 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 oversimplified "shoes are good" or "shoes are bad" arguments. Using evolutionary-based and biomechanics arguments, Katy demonstrates that shoes, in a modern

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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

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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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Whole Body Barefoot:

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Transitioning Well to  
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Paperback - 15 April  
2015 by Katy Bowman  
(Author) 4.6 out of 5  
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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



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well, With clear,  
science-based  
explanations,  
biomechanist Katy  
Bowman lays out the  
issues created by  
conventional shoes and  
artificial ...

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Whole Body Barefoot  
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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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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.
- Swapping your shoes can expose your body to new loads and ranges of motion you might not be ready for.

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Whole Body Barefoot:  
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Minimal Footwear is  
available April 1st from  
Fit Pr. It will be  
available on  
Amazon.com! For  
everyone interested in  
transitioning to less or  
no footwear this is a  
must read. I have seen  
many people at races  
wearing minimalist  
footwear, so I know  
this is definitely a

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trend. Keep reading to  
learn more.

## Footwear

### **Whole Body Barefoot: Transitioning Well To Minimal Footwear**

Barefoot enthusiasts say ditching your shoes is essential for optimal whole-body function. Doctors say minimalist shoes cause injury.

### **Whole Body Barefoot : Transitioning Well to**

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## **Minimal Footwear**

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Stine, 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  
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presents how

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