



DIANA MATULA

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MINIMAL FOOTWARE CHECKLIST

- ✓ **Wide toe box**
YOU CAN SPREAD YOUR TOES FULLY INSIDE YOUR SHOES AND DON'T EXPERIENCE ANY TOE CRAMPING OR OVERLAPPING
- ✓ **Zero drop**
YOUR SHOES ARE FLAT WITH NO ANGLE FROM YOUR HEELS TO YOUR TOES, ALLOWING YOUR BODY TO MAINTAIN NATURAL ALIGNMENT
- ✓ **Flexible**
YOUR FOOT CAN RESPOND TO THE GROUND'S TEXTURE, WHICH PROMOTES BALANCE AND KEEPS YOUR FEET STRONG AND MOBILE
- ✓ **Lightweight**
YOUR SHOES DON'T WEIGH YOUR LEGS DOWN, WHICH ALLOWS YOU TO HAVE A MORE NATURAL GAIT
- ✓ **No toe spring**
YOUR TOES AREN'T HELD AT AN UPWARD ANGLE AWAY FROM THE REST OF YOUR FOOT, WHICH CREATES BETTER BALANCE AND STABILITY
- ✓ **Well-Attached**
NO TOE GRIPPING OR TENSING IS REQUIRED TO KEEP YOUR SHOES ON



SHOE SHAPED?

ARE YOUR FEET

OR



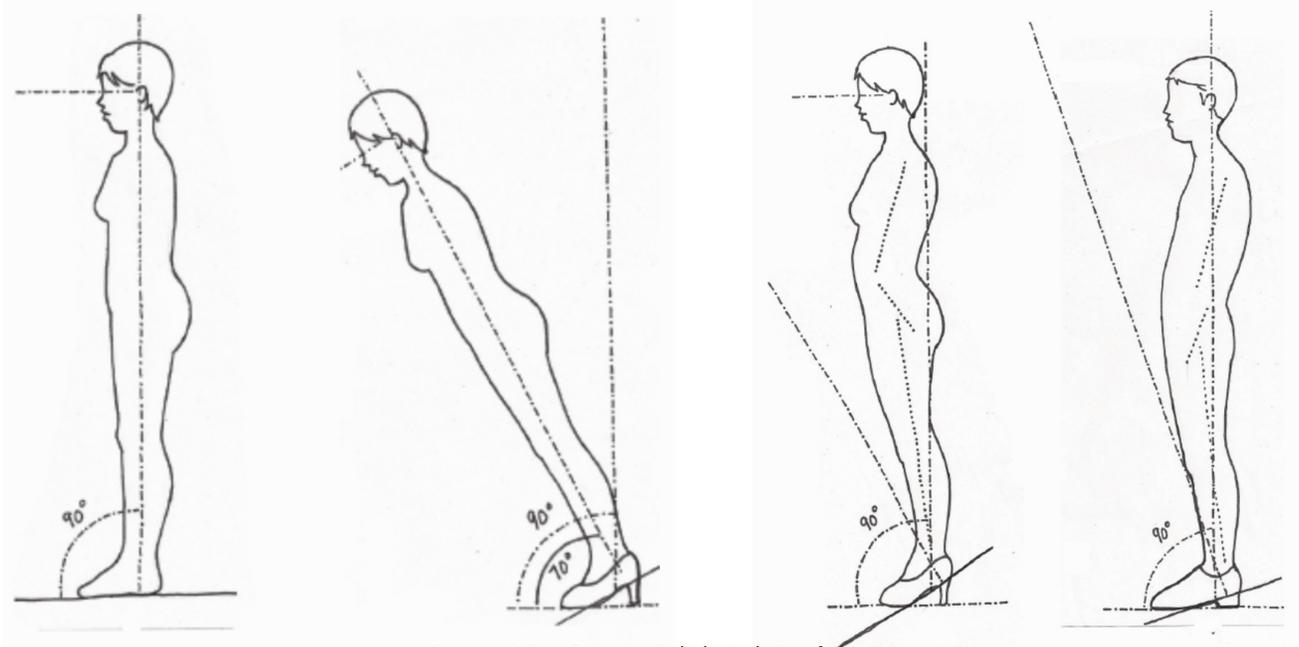
FOOT SHAPED?



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EFFECTS OF NON-MINIMAL FOOTWEAR ON THE BODY



Images © Katy Bowman, Whole Body Barefoot

**NEUTRAL
ALIGNMENT
NO HEELS**

**NEUTRAL
ALIGNMENT
WITH HEELS**

**ALIGNMENT
COMPENSATIONS TO
STAY UPRIGHT IN HEELS**

NORMAL SHOES
FK YOUR FEET**

NATURAL FEET + NORMAL SHOES = NORMAL FEET

A LIFETIME IN NORMAL FOOTWEAR CAN CHANGE THE SHAPE OF YOUR FEET.

REGAIN your natural shape and un-f**k your feet: vivobarefoot.com/strongerfeet

UN-FK YOUR FEET**

NORMAL FEET + NATURAL SHOES = NATURAL FEET

BY WEARING NATURAL SHAPED SHOES AND DOING FOOT EXERCISES YOU CAN REGAIN YOUR NATURAL SHAPED FEET.

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