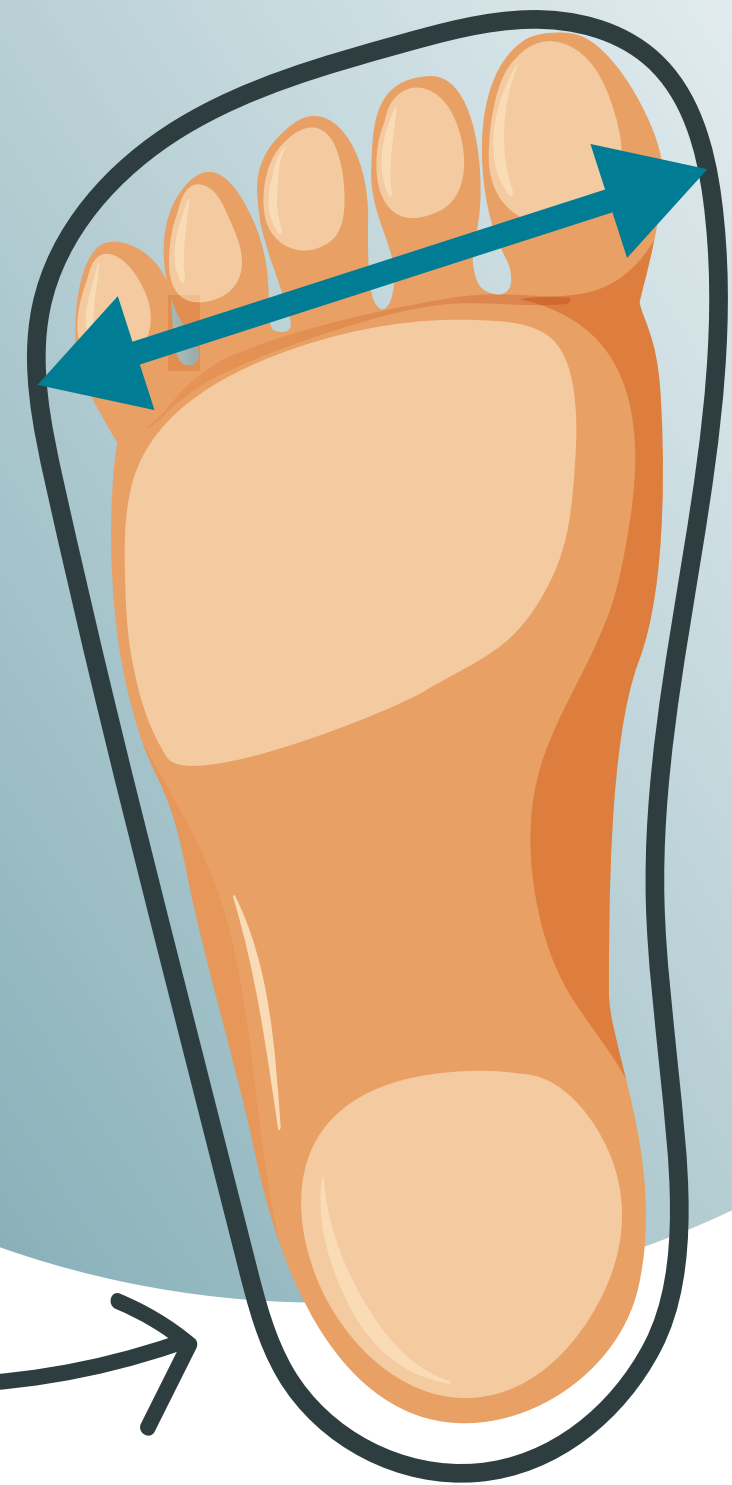


# What makes a shoe functional?

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.