

# FEELING GOOD WITH FIT FEET

## 14 Day Challenge

Give your feet the care and attention they deserve with this daily challenge. Your feet will be feeling great and your whole body will reap the benefits!







<b>DAY 1</b>	foot exercise #1 <input type="checkbox"/>
<b>DAY 2</b>	shoe fit check and evaluation <input type="checkbox"/>
<b>DAY 3</b>	5 minutes with toe spacers/finger spacing <input type="checkbox"/>
<b>DAY 4</b>	foot exercise #2 <input type="checkbox"/>
<b>DAY 5</b>	30 minutes barefoot weight-bearing activity <input type="checkbox"/>
<b>DAY 6</b>	5 minute foot massage <input type="checkbox"/>
<b>DAY 7</b>	foot exercise #3 <input type="checkbox"/>

<b>DAY 8</b>	10 minutes walking outside barefoot <input type="checkbox"/>
<b>DAY 9</b>	10 minutes with toe spacers/finger spacing <input type="checkbox"/>
<b>DAY 10</b>	foot exercise #4 <input type="checkbox"/>
<b>DAY 11</b>	do a bodyweight workout in bare feet <input type="checkbox"/>
<b>DAY 12</b>	10 minute foot massage <input type="checkbox"/>
<b>DAY 13</b>	foot exercise #5 <input type="checkbox"/>
<b>DAY 14</b>	20 minutes walking outside barefoot <input type="checkbox"/>

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Use this guide for reference when doing your fit feet exercises!

 <p>exercise 1</p>	<p>Stand with feet flat on the floor, shoulder wide apart. Try lifting up just your big toe while keeping your other four toes on the floor. Then switch try keeping your big toe on the floor while lifting up your other four toes. Repeat 3 times.</p>
 <p>exercise 2</p>	<p>Sit on the edge of a chair with feet flat on the floor. Keep your toes on the floor, lift your heels and hold for 2 seconds. Lower your heels to the floor, lift just your toes and hold for 2 seconds. Raise your heels again, while curling your toes in and under your foot. Hold for 2 seconds. Rotate through the sequence 10 times.</p>
 <p>exercise 3</p>	<p>Sit on the edge of a chair with your feet flat on the floor. Stick your foot out in front of you and roll it in circles, going clockwise. Do 10 circles, then switch and do 10 counterclockwise circles. Repeat on the other foot.</p>
 <p>exercise 4</p>	<p>Sit on the edge of a chair with your feet flat on the floor. Lay a hand towel on the floor in front of you and place one foot on the towel. Try grabbing it with your toes and pulling it towards you. Pull it 5 times, then repeat on the other foot.</p>
 <p>exercise 5</p>	<p>Sit on a chair or stand with feet flat on the floor. Place a golf ball or tennis ball on the floor and place your foot on top of the ball. Move your foot over the ball, pressing into it and rolling it forward and backward for one minute. Repeat on the other foot.</p>
 <p>exercise 6</p>	<p>Do an Achilles stretch on each leg, pushing back through your calf and heel for 10 seconds. Sit with your foot up and pull your toes up toward for 5 seconds, then push your toes down for 5 seconds. Continue stretching your feet in any way that feels natural and comfortable.</p>