



GOODMAN ELITE TRAINING FIT TIP OF THE WEEK

(for more information visit www.goodmanelite.com)



LOSE THE SHOES! We at Goodman Elite Training advocate for Barefoot Training! If you visit our facility, you will most likely see our coaches training athletes who are not wearing shoes. **WHY** would we do such a thing? Go ahead! Take your shoes off. Are they off? Move your feet around! Are you getting a better range of motion without your shoes? Of course you are! 30% of all the joints in your body are located in your feet!

Barefoot training eliminates the artificial support that a shoe provides; Different muscles are fired when we go barefoot than when we are supported in shoes. This enables the strengthening of the supportive stabilizing-small-muscles of the foot and ankles; which makes both the foot and ankle stronger, promoting muscle alignment and strengthening the neuromuscular pathways (the communication pathways between the brain and muscles) of the foot and leg. (*Think better **BALANCE** and **SPORTS PERFORMANCE**.)

We do recommend flat soled athletic shoes in occasional training exercises (and we also recommend athletic shoes in an environment or with a movement in which the feet require protection for safety.) We are often asked if a running shoe is an appropriate training shoe. Running shoes are for, well, running. A squishy unstable shoe sole is actually an impediment in the training facility and the height most running shoes carry at the heel of the shoe is improper for lifting. We are proponents of maximizing **MOBILITY** and **STABILITY**.

Improper foot mechanics are often the culprit for other physical ailments such as back pain or knee issues.

Going barefoot is a simple and natural way to connect with your environment, developing more natural movements and naturally strengthening and stabilizing these small foot and ankle muscles.

Next week's GOODMAN ELITE TRAINING FIT TIP: The "WHY" and the "HOW TO" give yourself a myofascial foot massage!

