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May 27th, 2020 - biomechanist katy bowman m s has been on the show before to talk about her other books on alignment and movement in this episode we talk about some key points in her new book whole body barefoot transitioning well to minimal footwear we talk about what minimal footwear is what to look for and how to transition into it'

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June 1st, 2020 - whole body barefoot transitioning well to minimal footwear is available april 1st from fit pr it will be available on 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 trend keep reading to learn more'

'what is one the most ignored an of the body quora

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'walking like a duck foot alignment alignment monkey

June 5th, 2020 - no one area of your body works in a vacuum i would say the best place to start is with the book whole body barefoot transitioning well to minimal footwear by katy bowman biomechanist the book is full of easy to follow foot corrective exercises from a whole body perspective it s an excellent book and i can t remend it highly enough'

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May 25th, 2020 - consider your footwear choices constantly squeezing into narrow shoes can prevent the front part of the foot from moving explains biomechanist kathy bowman author of whole body barefoot transitioning well to minimal footwear that means the smaller muscles of your feet which should be helping to support the arch as well as dealing"**whole body barefoot transitioning well to minimal**

April 29th, 2020 - whole body barefoot transitioning well to minimal footwear ebook 7 99 5 59'

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October 31st, 2019 - we highly remend this book if you re transitioning into minimal footwear in general we love all of kathy s work she is a fabulous kind and warmhearted source of accurate no bs information about the human body and the the need to enjoy a movement rich life'

'winter boots list alignment monkey

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muscle the importance of walking on natural surfaces"whole body biomechanics feet knees and hips video course

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