

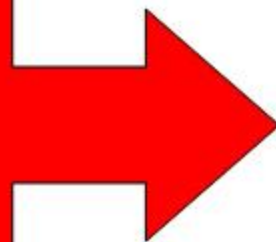


## Get Fit. **Life Tip.** Body 101 – The Foot

Starting from the ground up, if you feel any pain, tightness, improper gait or anything out of the ordinary with your foot, it is important to find out why. Your body is interconnected throughout, so a small glitch in the foot may ultimately effect your knee, hip, back and go all the way to your neck.

### Lower Leg Complex

Anterior Tibialis  
Posterior Tibialis  
Soleus  
Gastronemius  
Peroneus Longus



- Isolated functions as well as integrated functions
- Help in the stabilization of the arch of the foot and/or ankle complex
- Play a part in the acceleration and deceleration, dorsi flexion (drawing toes to knees), plantar flexion (pointing of foot), inversion (ankle collapsing inward) and eversion (ankle collapsing outward)

Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

*Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.*

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