



## Foot Facts

- **Practising yoga helps to release tension from the feet, making them strong and flexible, and improving body alignment and overall health and well-being.**
- Each foot is made up of 26 bones, 33 joints, 107 ligaments and 19 muscles.
- Our feet to give us balance, stability, power and agility allowing us to stand, walk, run and play.
- When foot bones are out of alignment, so is the rest of the body.
- Poor posture, as well as knee, hip and back pain in adults can be traced back to lack of muscle tone or misalignment in the feet.
- Wearing shoes affect the sensitivity, flexibility, mobility and strength of our feet.
- Heels higher than 2in can throw the body out of alignment, putting strain on the back and causing neck and head pain.
- A 2½-inch high heel can increase the load on the forefoot by 75%.
- 20,000 women a year in the UK are hospitalised due to their footwear!
- Studies suggest that people who do not wear shoes have healthier feet and posture.
- Walking barefoot in the grass can help decrease anxiety and depression.
- The ancients believed that walking barefoot in the grass was the best cure for insomnia.
- Feet increase in size during the day - so don't go shopping for new shoes first thing in the morning!
- The feet are highly sensitive - there are over 7000 nerve endings in each foot.
- They also contain approximately 250,000 sweat glands that excrete as much as half a pint of moisture every day.
- Butterflies taste with their feet, elephants 'hear' with their feet, and gannets incubate their eggs under their webbed feet.
- Neil Armstrong stepped onto the moon with his left foot.
- Elvis Presley had a foot fetish, and so does Louis Tomlinson of One Direction!

**Listen to your feet, be kind to them, and they will be kind to you!!!!**

