

**Ideally, do all of the following barefoot.** Practice makes perfect and many can go from the first part all the way to mastering the last in just 3 weeks.

**Strengthening your foot**

It's a combination of strengthening your foot and increasing your connection to the ground. Start with your foot in a relaxed position, as pictured in "A".

The next step is to try to "palm" the ground with your foot, as pictured in "B". That means you try to squeeze the ground while keeping your toes as straight as possible, as pictured beside. Hold both feet in this floor squeezing position for 15-30 seconds and then relax. Repeat this exercise 2-3 times at a sitting and do it 2-3 times a day.



**Balance with your eyes & arms open**

Stand on one leg with your eyes and arms open as pictured in "C". Your foot should be gripping the ground as described above. Your goal is to hold this position for 15-30 seconds without any sway in your body. As soon as you fall off then switch to the other foot. Repeat this for each side 2-3 times. This needs to be performed 2-3 times a day. It is hard to do exercises under perfect conditions and with this in mind you can do it in line at the grocery store or on an elevator...where ever you need to be...**JUST DO IT!**

You cannot progress to the next step until you've mastered this first part of this step. It is amazing how many people cannot balance on one foot without sway. Try it among your friends and you will find a new topic of conversation!



**Balance with your eyes & arms folded**

This is just like the other exercise but you are supposed to fold your arms this time as pictured in "D". Your goal is to hold this position for 15-30 seconds without any sway in your body. As soon as you fall off then switch to the other foot. Repeat this for each side 2-3 times. This needs to be performed 2-3 times a day. Once you've mastered it you are ready for the next part.

**Balance with your eyes open & arms open**

Again, repeat the same exercise you've previously mastered but this time with your eyes closed, as pictured in "E". Once mastered this you can move on.

**Balance with your eyes closed & arms folded**

This is not so easy, as our model is gracefully demonstrating in "F".

