

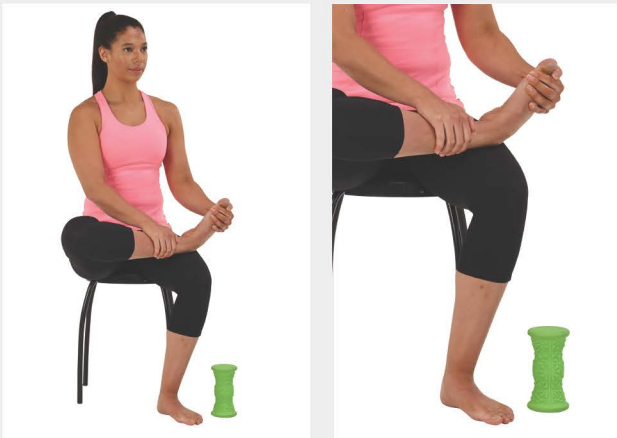
TENSION RELIEF FOOT ROLLER EXERCISE CHART



Active

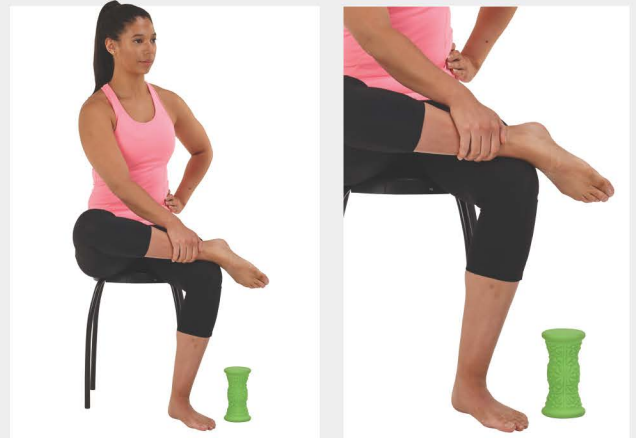
WARM UP

1. Foot Stretch



Begin by sitting on a chair. Pull your right leg up into a cross legged position so that it's crossing over your left leg. Use your right hand to support your ankle and keep it still, grab the top of your foot with your left hand, using an underhand grip. Pull your toes up toward the ceiling, feeling a stretch on the top of your foot. Repeat on the other side.

2. Foot Circles



Begin in the same seated position as the Foot Stretch and rotate the ankle in a circular direction. Ensure that you rotate the ankle in both directions. Repeat on the other side.

THERAPEUTIC FOOT MASSAGE - ANYWHERE, ANYTIME!

The **Foot Roller** has been engineered to provide simple yet effective relief for the feet - one of the most overworked yet under remedied body parts.

Our feet regulate much of our body's health, and proper foot care is vital. When you start to invest even a small amount of time in the care of your feet there are a plethora of benefits to be gained.

The **Foot Roller** provides a targeted deep tissue massage providing temporary relief from the pain associated with Plantar Fasciitis, heel spurs and tired feet.

Tactfully designed to deliver a supreme foot massage experience.

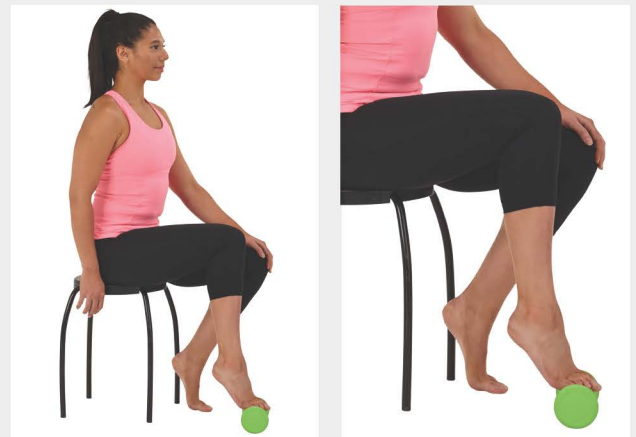
- **The ridged design** increases precision and the overall ability to access key pressure points.
- **The hollow core** mimics the foot's contour creating a snug, custom feel.
- **Ergonomic, contoured shape** provides a more enjoyable massage.
- **Small and lightweight design** allows for easy transport and storage for use at work, home or on the go.

USE THIS CHART AS A GUIDE

These exercises have been designed to showcase the variety of movements that can improve overall foot health. The chart can be followed in sequence for a comprehensive foot massage or as individual exercises.

MASSAGE

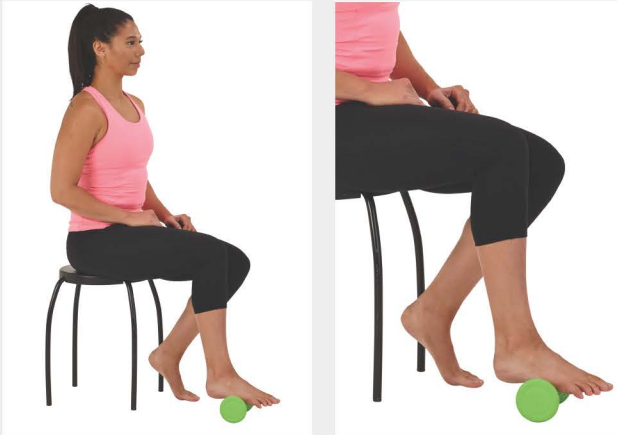
3. Toe Stretch



Begin by sitting on a chair. Place your toes on the centre of the Roller. Lift your heel high and allow the Roller to roll back slightly, push down firmly into the Roller until you feel a stretch under your toes. Repeat on the other side.

MASSAGE

4. Seated Foot Roll



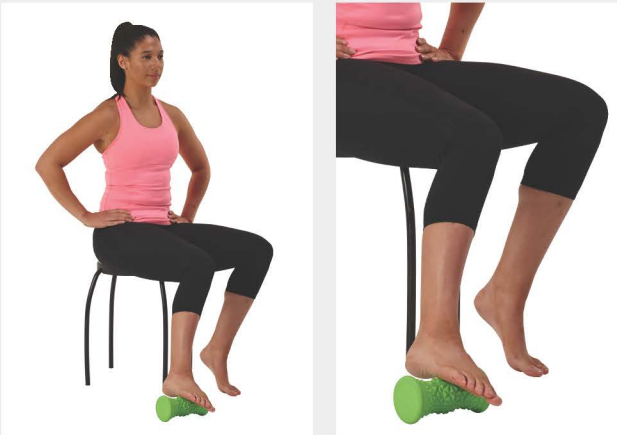
Remain seated. Place the arch of your foot in the centre of the Roller. Press down firmly into the Roller and roll along the length of your sole. Repeat on the other side.

5. Outer Edge Roll



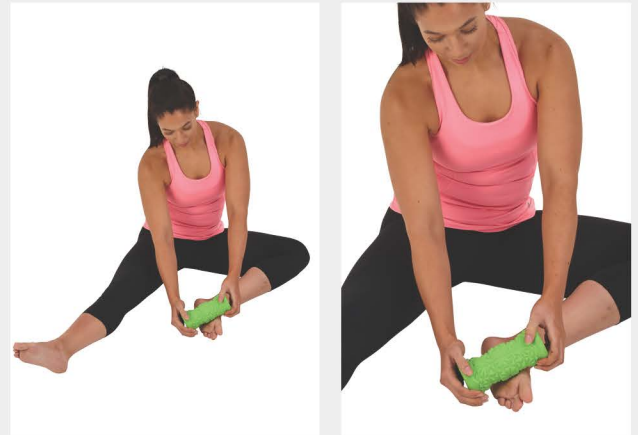
Remain seated. Allow the outer edge of the foot to sit in the outer edge of the Roller and roll along the length of your outer sole. Repeat on the other side.

6. Inner Edge Roll



Remain seated. Allow the inner edge of the foot to sit in the inner edge of the Roller and roll along the length of your inner sole. Repeat on the other side.

7. Arch Massage



Start by sitting on the floor with both legs extended. Draw one foot in towards the centre so that the knee is bent, maintaining a relaxed position. Grab the outer edges of the Roller and place it in the centre of the arch of your foot. Gently massage the area back and forth, gradually applying more pressure and increasing the length of the stroke. Repeat on the other side.

“CHANGE
comes
when you **yes!**
SAY
to YOURSELF”

Every time you use this item, you are saying **YES** to your goals and **YES** to the person you want to be.

For more tools, tips and exercises or if you want to know more about “YESOLOGY”, go to www.michellebridges.com.au