

Changing Your Footwear for Improved Health and Comfort

10 Point Checklist

Gordon Hay

Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

The **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



“People are throwing their lower bodies through so much excessive motion because our world’s not natural ... and then everything backfires, and they go, “Oh no, what happened?”

GORDON HAY

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Avoid using super-cushioned shoes or insoles, which Gordon compares to walking on a pile of marshmallows. These can disrupt foot function.
- Even though you shouldn't use too much cushioning, don't choose to go barefoot instead. We didn't evolve to walk on paved surfaces, so our feet aren't equipped to handle them.
- Don't fall into the trap of using molded shoes or insoles. Your feet need to be able to move, not forced to stay in one position.
- Pay close attention to your body; do you have pain in your feet, knees, hips, or back? If so, have your foot and leg alignment checked to see if that might be the problem.
- Get the ALINE product that best matches your needs and insert it into a pair of shoes from which you've removed the insoles.
- Have your foot and leg alignment diagnosed with Gordon's laser device. You can have this done by an ALINE provider.
- When you're on your feet for over an hour, you should manage what you wear and use your ALINE product. If you're going to be on your feet for less than an hour, don't worry about it.
- Avoid shoes with hard soles (such as dress shoes with wooden heels). Instead, choose flexible, rubber-soled shoes.
- If you're going to wear high heels, don't wear "sloppy sandals" first. Your body will get used to moving that way, and then you'll feel clumsy or inelegant in your heels.
- When you get your ALINE product, start using it only when you're walking. After you feel physically accustomed to it, you can start using it during sports or workouts.