



# Improve Your Sporting Performance! In 30 Minutes!

**By Dr Mark Sloam D.O.**

**Registered Osteopath &  
Certified & Registered Posture Control Insole Practitioner**

## ***How? Posture Control Insoles: Orthotics, but better...***

You are an athlete, a competitive athlete that wants to be the best you can be. You are in great shape, you trained hard, you've never felt fitter and yet, your competitors still get to the ball quicker, have more endurance, win the race etc etc. Do you want greater power and increased efficiency through your legs? Who doesn't?

If in your sport or activity you do any; walking, running, jumping, cycling, or derive any form of power of your legs (from land) for your sport then Posture Control Insoles are the product for you!

Would you like any of the following for you?

- Increased power through your legs
- Feel more energy for your workout and life
- Improve the efficiency of your body
- Improve your posture

If you thought or said yes, then this report is for you!

### **Why use Posture Control Insoles instead of regular rigid orthotics?**

Well let me ask you, is your foot rigid? No, right? Normally at some point your toes bend, your muscles contract, even the bones within your foot twist to a degree allowing the movement needed for you to perform at your best. With the movement of your foot in mind, does a rigid foot support make sense? The answer is obvious isn't?

### **So why need an insole at all?**

If you have perfect feet you don't! Unfortunately very few of us do! Research has indicated only around 5-10% of the population have "perfect" feet... At best! Just anecdotally of seeing thousands of feet I have yet to see a "perfect foot", but that is just my experience.

Why is that? It's been estimated that shoes have been around since 1600-1200 BC. That's over 3000 years that our feet have adapted to shoes protecting and shielding our feet. What's the result? Our feet have de-evolved! So our feet are not quite the same they were over 3000 years ago, before the invention of shoes.

Sure, are feet are healthy, we can get by. Our feet still have five toes. The difference? Thanks to the adaptation of our feet to shoes most of us have a big toe that doesn't fully touch the ground unless there is a slight twist in the ankle and foot.

## **Why such a big deal?**

By our feet not contacting the ground as they once did we lose power in the foot and leg as a whole. Another way of putting it is, by the foot not connecting with the ground as naturally as it once did, our feet lose strength and our whole body which is supported by the feet also loses power. You may be wondering that's a pretty big statement and I agree, it is! The great thing is the solution is easy.

Before giving you the answer you as a competitive athlete or sportsman, know that if you can get your body to work more efficiently using less energy to do more, than you have increased performance. And that is exactly what a Posture Control Insole does! I hope you are excited!

## **Posture Control Insoles**

The Posture Control Insole being flexible (by moving as your foot does) and giving lift to the bones that support the big toe allows your feet to give greater support to you, increases the power through your whole leg when you work.

Plus, the Posture Control Insoles retrains how the foot muscles work and reorganises the nervous system so it can improve your posture. And as your posture improves, your alignment throughout your whole body strengthens, which means you'll have even further better body efficiency and sporting performance than you have now! It's a win-win-win!