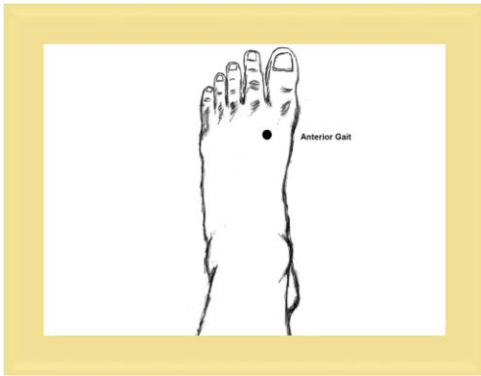




TOE TIP #4



K.E.Y. Method

Anterior Gait

Synchronize muscle programs for Walking Forward

K.E.Y. Check-YINs:

K.E.Y. Benefits:

- ✓ *Coordinate Right and Left sides of the Body.*
- ✓ *Create a coordinated link with all the muscles and tissue used to take a step.*
- ✓ *The Brain and Body are linked for faster coordination and reaction time.*

- ✓ *Locate reflex point on foot, between the bones of Big Toe and Second Toe.*
- ✓ *Rub firmly on spot for 10 seconds.*
- ✓ *Repeat on the other foot.*

Walk easily and fluidly forward towards your goals