

Going barefoot will give you healthier feet overall. Shoes often lead to bunions, corns, athlete's foot, hammer toes, ingrown toe nails and fallen arches. People who spend lots of time barefoot do not experience any of these and generally do not even get any callouses. Research has shown that people before the invention of shoes had much healthier feet.

Going barefoot improves our Chi (Qi) and strengthens the entire body. Our feet are often the only part of us that touches the ground. It releases all of the energy and force that we accumulate throughout our body. Going barefoot helps energy to flow smoothly through our body.

If the stability and mobility of the feet deteriorate, this affects and changes the ankle, knee and hip positions and makes them all more prone to injuries. How many older people do you know who have hip problems? It could easily stem from having weak feet. Go barefoot now for prevention later! Many athletes who train barefoot have tremendous results and experience fewer injuries.

Start slowly. Keep in mind that some people require more support than others and if you have never run or trained barefoot you may experience some soreness at the beginning. If you experience any initial soreness from training barefoot, wait until it goes away before re-attempting to train barefoot. HIIT is a great way to start training barefoot doing bodyweight exercises. Just practice without shoes for a few minutes each day. If it feels uncomfortable to you, try for just a few minutes a couple times a week and gradually increase the time you spend barefoot. Another alternative is to try doing your warm up or a period of yoga barefoot.

Start on a flat and cushioned surface, such as a cushioned floor or a thick dense carpet. If you have a safe grassy spot outside that you feel confident is free of little rocks or worse glass, this would be ideal.

If you wear shoes most of the time, be careful in transitioning. One issue that can develop is calf pain or Achilles tendinitis, which occurs due to shortening of the Achilles tendon and from the foot being under developed due to the regular use of shoes. As your foot gets accustomed to walking, training and being barefoot the symptoms will disappear. The muscles, tendons and joints of the foot, ankle and leg will get stronger, but give it time to build up.