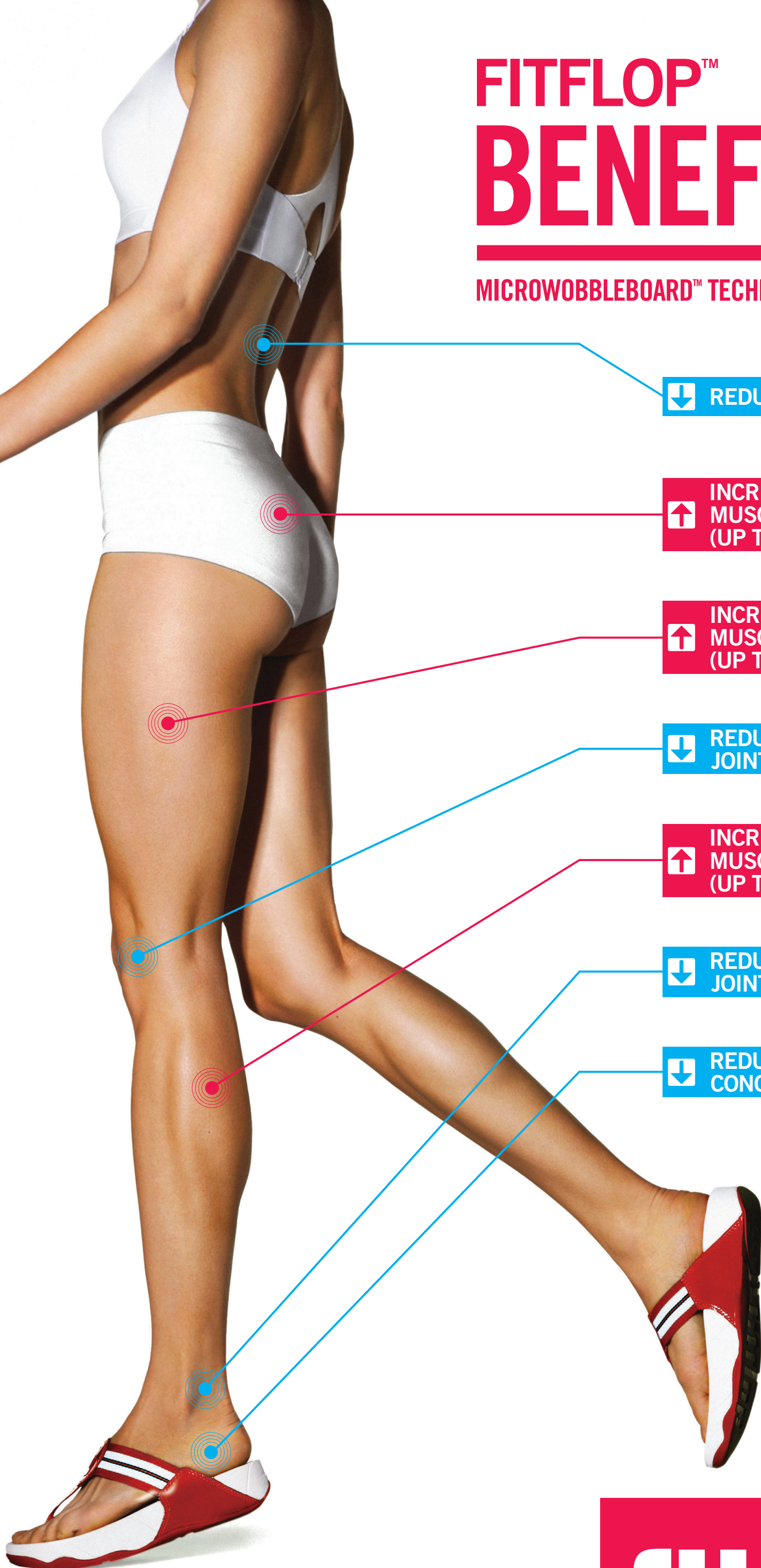


# FITFLOP™ BENEFITS ▶

MICROWOBBLEBOARD™ TECHNOLOGY CAN HELP...



↓ REDUCE BACK STRESS

↑ INCREASE BOTTOM  
MUSCLE ACTIVATION  
(UP TO 30%)

↑ INCREASE THIGH  
MUSCLE ACTIVATION  
(UP TO 16%)

↓ REDUCE KNEE  
JOINT STRESS

↑ INCREASE CALF  
MUSCLE ACTIVATION  
(UP TO 11%)

↓ REDUCE ANKLE  
JOINT STRESS

↓ REDUCE FOOT PRESSURE  
CONCENTRATION

Case studies were performed on FitFlop original sandals, slides, and shoe prototypes over a thirty-six month period by Dr David Cook, Senior Lecturer in Biomechanics, and Darren James at The Centre for Human Performance at London South Bank University (LSBU). The muscle activation benefits in red are derived from case studies conducted. The benefits in blue are derived from the hundreds of FitFlop sandal wearers who have reported relief from plantar fasciitis, heel spurs, chronic back pain, sciatica, osteoarthritis, RLS, scoliosis, degenerative disc disease, and a number of other aches and pains. See [fitflop.com](http://fitflop.com) for more details.

**FITFLOP. GET A WORKOUT WHILE YOU WALK.™**

**fitflop**

F O O T W E A R ™