

SCW  
**MANIA**<sup>®</sup>  
Fitness Pro Conventions



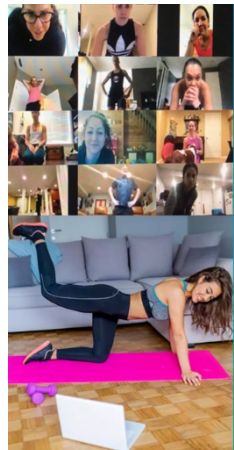
[scwfit.com/MANIA](http://scwfit.com/MANIA)

**MANIA**<sup>®</sup> Attendee  
Exclusive Content



[scwfit.com/attendee](http://scwfit.com/attendee)

#SCWMANIA  
@SCWfitness



-  [facebook.com/scwfitness](https://facebook.com/scwfitness)
-  [twitter.com/scwfitness](https://twitter.com/scwfitness)
-  [instagram.com/scwmania](https://instagram.com/scwmania)

**20% OFF!**

\$6.58/Month or  
\$79/year  
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

**500+**  
Educational Videos

**70+**  
Leading Presenters

**20+**  
Fitness & Health  
Topics Available

SCW  
**On Demand**



[scwfit.com/OnDemand](http://scwfit.com/OnDemand)

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW  
**CERTIFICATIONS**  
35+ NATIONALLY RECOGNIZED.  
ONLINE + LIVE.

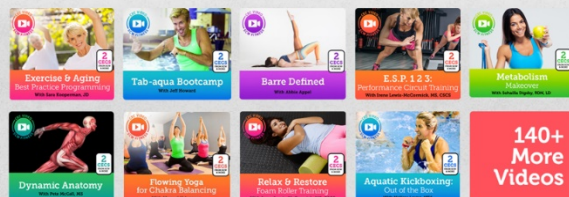
FREE LIVE COURSE included with  
every Online Certification  
within 1 year

[scwfit.com/certifications](http://scwfit.com/certifications)




**ONLINE CEC VIDEOS**

Earn CECs in the comfort and  
convenience of your home!




**140+**  
More  
Videos

[scwfit.com/CECS](http://scwfit.com/CECS)



# YOUR WALK IS WHACK!


The Human System Integrated:  
A "FOOT" based approach to Health & Fitness




Coach Kennedy Lodato & Coach Jason Persaud HHP

1

## YOUR INSTRUCTORS



Coach Kennedy Lodato




Coach Jason Persaud

2

## YOUR WALK IS WHACK

### — Bunions, Big toes & Brains, oh my!

The subtle intricacies of walking influence the entire kinetic chain, physically, systemically, emotionally & mentally. Delve into the detective science of failed biomechanics & the global implications of ambulation on all those systems and how they impact your fitness and health.



**WARNING:**  
YOU MAY NEVER LOOK AT FEET THE SAME WAY AGAIN!

3

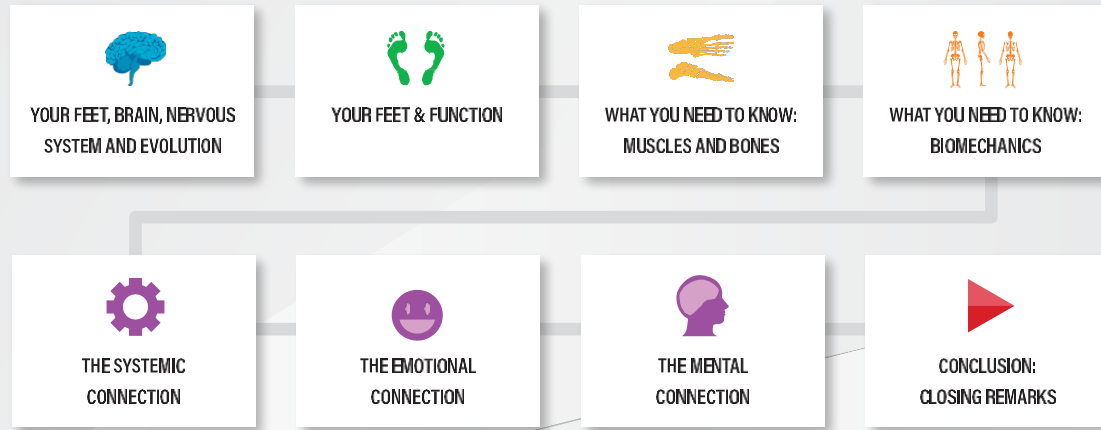
## GOALS FOR TODAY

- YOU REALIZE IT ALL STARTS WITH THE FOOT
- YOU INCREASE YOUR CONFIDENCE SURROUNDING THE FOOT
- YOU LEARN AT LEAST ONE NEW THING THAT CAN HELP YOU OR YOUR CLIENT
- YOU LEAVE WITH A BETTER UNDERSTANDING OF THE FOOT AND HOW IT TIES INTO THE BODY

YOU HAVE FUN AND MEET SOME GREAT PEOPLE!

4

# OVERVIEW FOR THE DAY

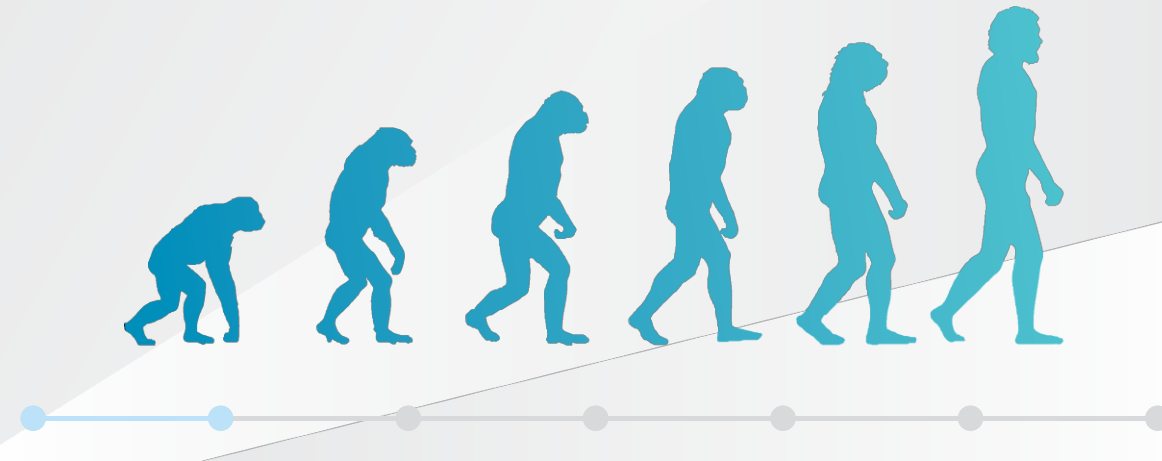


5

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN: A SHORT STORY



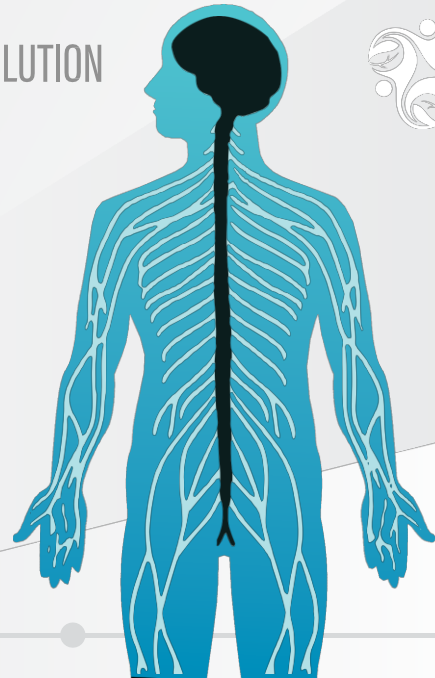
6

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN: A SHORT STORY

- Central Nervous System (CNS)
  - Brain
  - Spinal Cord
- Peripheral Nervous System (PNS)
  - Nerves



7

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN: A SHORT STORY

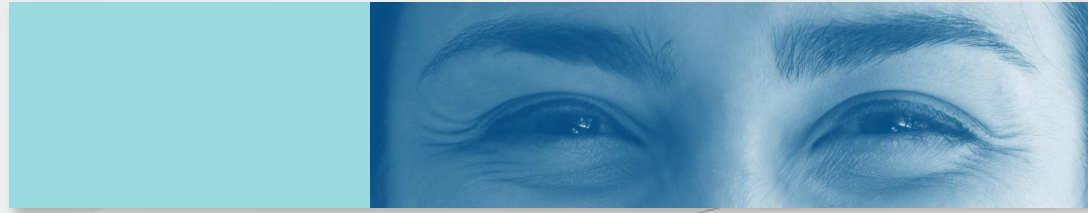


8

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY

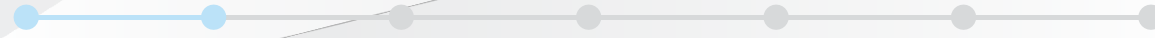


9

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY



10

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY

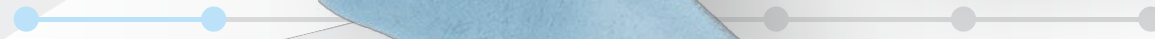
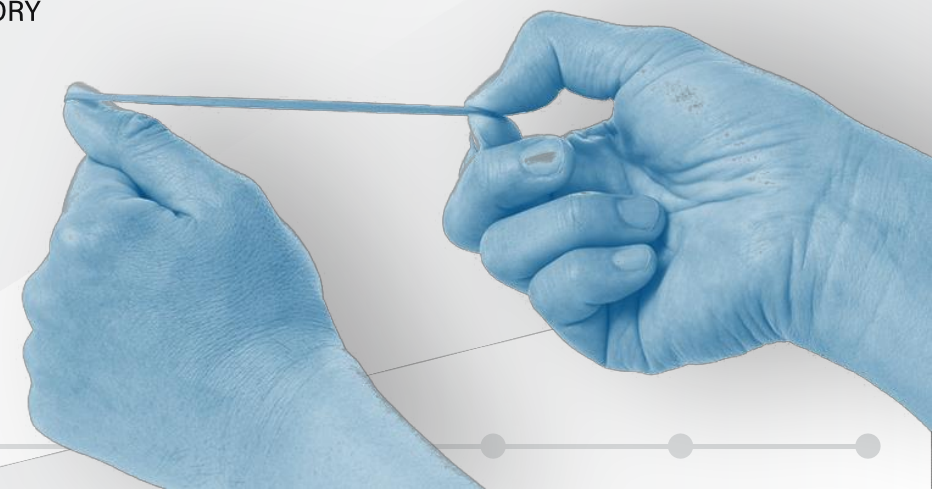


11

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY

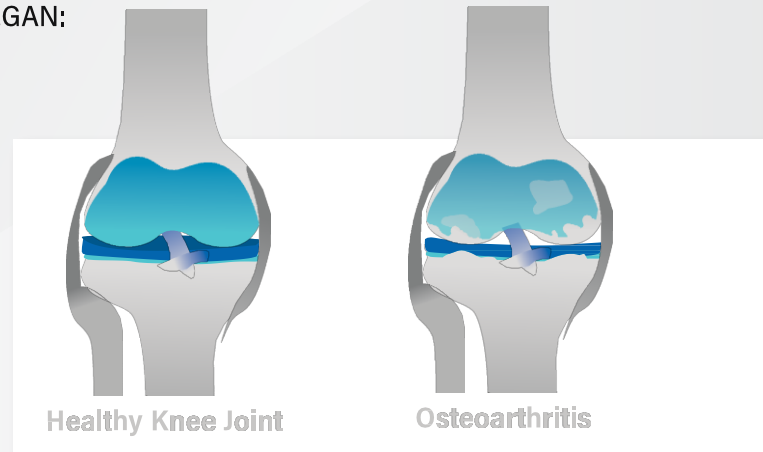


12

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY



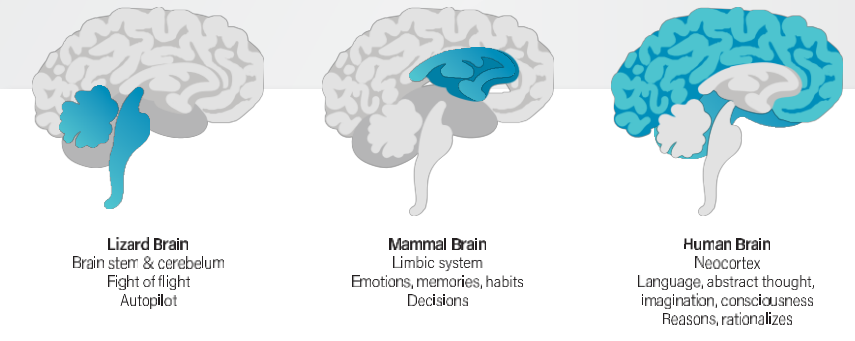
13

# YOUR FEET, BRAIN, NERVOUS SYSTEM AND EVOLUTION



WHY AND HOW IT ALL BEGAN:  
A SHORT STORY

Triune Brain Theory



14

# YOUR FEET & FUNCTION



SINGLE LEG BALANCE: WALKING, RUNNING, AGING

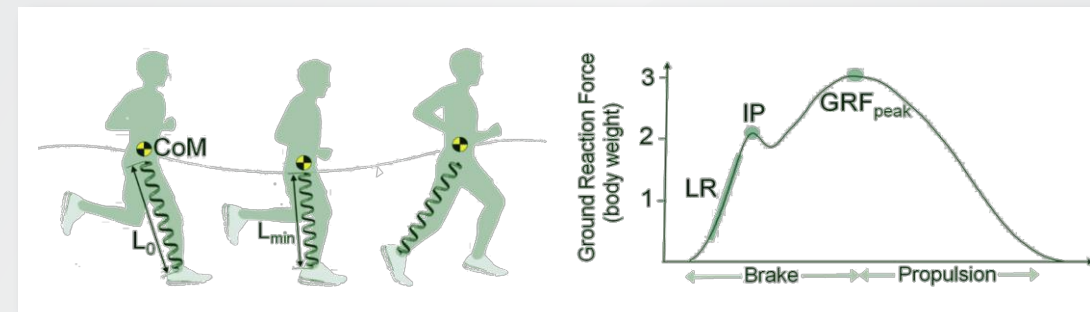


15

# YOUR FEET & FUNCTION



ABSORB FORCES: IMPACT FROM ACTIVITIES

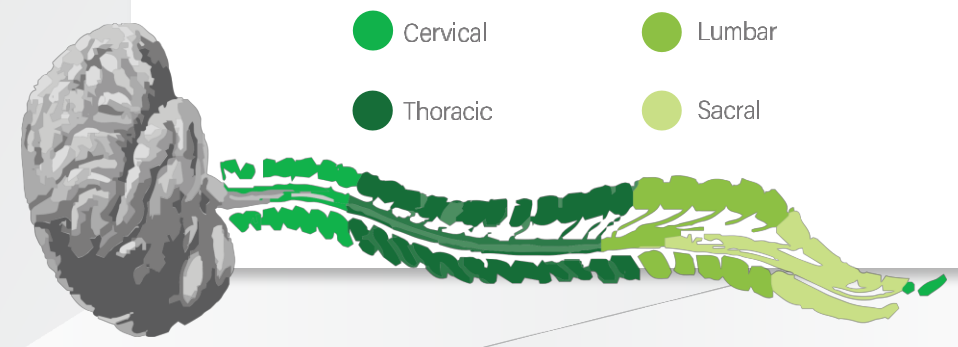


16

## YOUR FEET & FUNCTION



### RELAY SENSORY INFORMATION: MOTOR OUTPUT

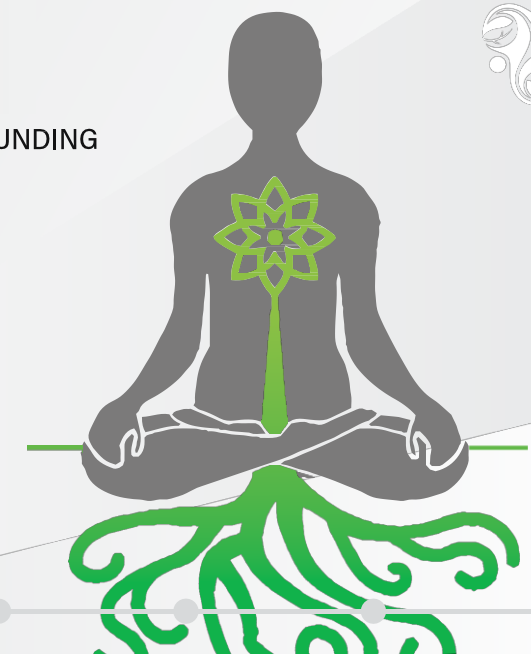


17

## YOUR FEET & FUNCTION



### KEEP YOUR BIOLOGY HEALTHY: GROUNDING



18

## WHAT YOU NEED TO KNOW



### OVERVIEW

- ▶ Bones And Parts Of The Foot
- ▶ Key Muscles
- ▶ What These Key Muscles Do
- ▶ How The Foot Moves
- ▶ How It Affects The Rest Of The Body

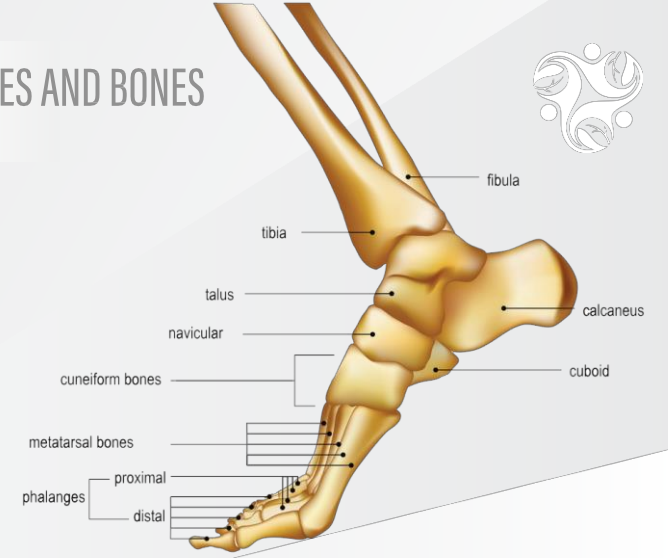
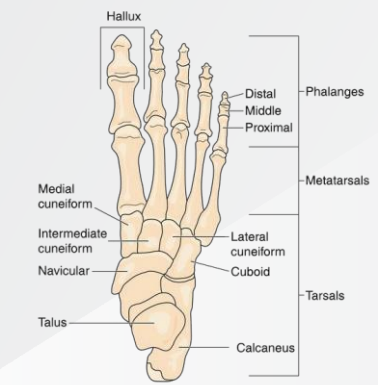


19

## WHAT YOU NEED TO KNOW: MUSCLES AND BONES



### BONES OF THE FOOT

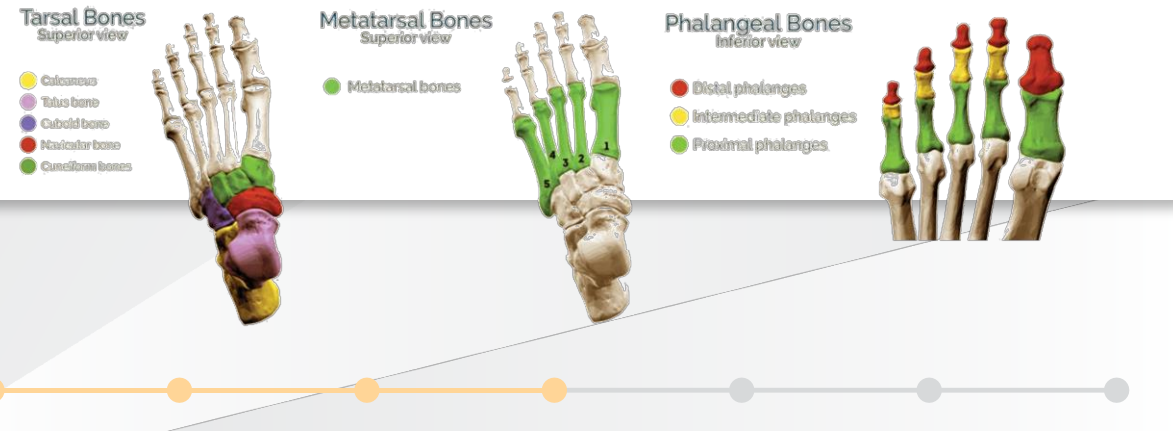


20

## WHAT YOU NEED TO KNOW: MUSCLES AND BONES



### BONES OF THE FOOT



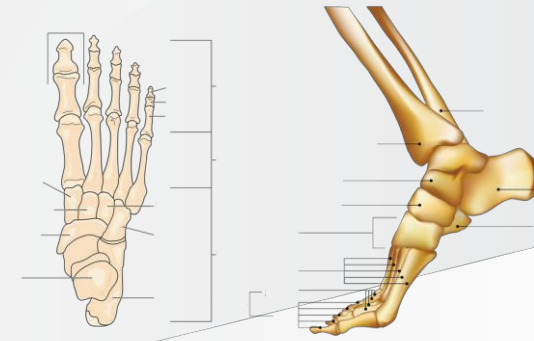
21

## WHAT YOU NEED TO KNOW: MUSCLES AND BONES



### PRACTICE

Time to put your education to application and get comfortable identifying the bones of the foot. Find a partner or work by yourself to practice your knowledge.

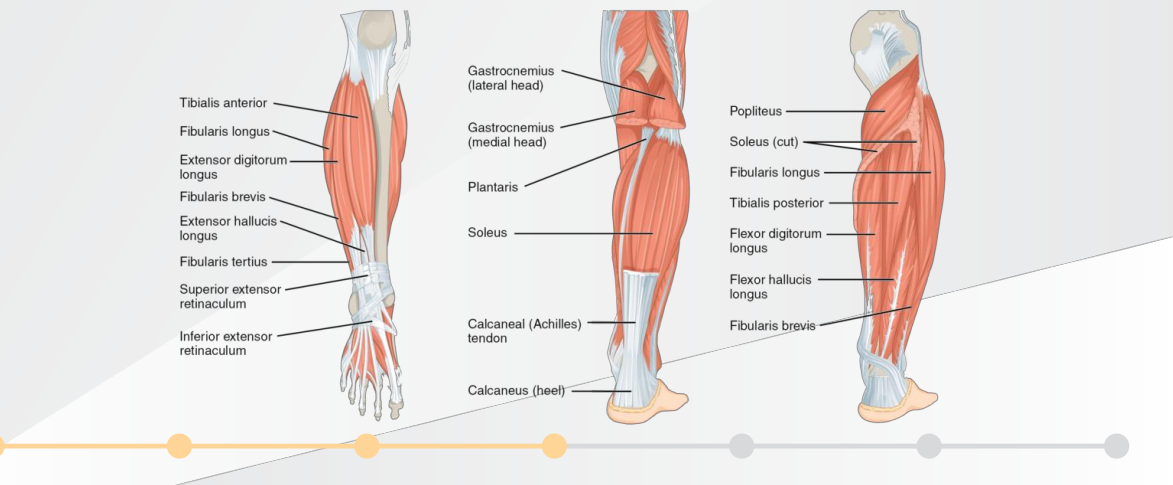


22

## WHAT YOU NEED TO KNOW: MUSCLES AND BONES



### MUSCLES OF THE FOOT & LEG



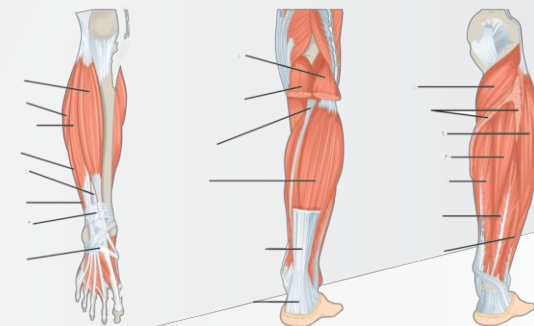
23

## WHAT YOU NEED TO KNOW:



### PRACTICE

Time to put your education to application and get comfortable identifying the muscles of the foot. Find a partner or work by yourself to practice your knowledge.



24

## WHAT YOU NEED TO KNOW: BIOMECHANICS



### MOVEMENTS OF THE ANKLE: DORSI & PLANTAR FLEXION



25

## WHAT YOU NEED TO KNOW: BIOMECHANICS



### MOVEMENTS OF THE STJ-SUB-TALAR JOINT: EVERSION & INVERSION



26

## WHAT YOU NEED TO KNOW: BIOMECHANICS



### MOVEMENTS/MUSCLES OF THE ANKLE COMPLEX

▶ **MUSCLES THAT EVERT THE STJ:**  
Fibularis longus  
Lateral Gastrocnemius

▶ **MUSCLES THAT DORSIFLEX THE ANKLE:**  
Anterior tibialis

▶ **MUSCLES THAT INVERT STJ:**  
Soleus  
Posterior Tibialis  
Anterior Tibialis

▶ **MUSCLES THAT PLANTAR FLEX THE ANKLE:**  
Gastrocnemius  
Posterior Tibialis  
Soleus

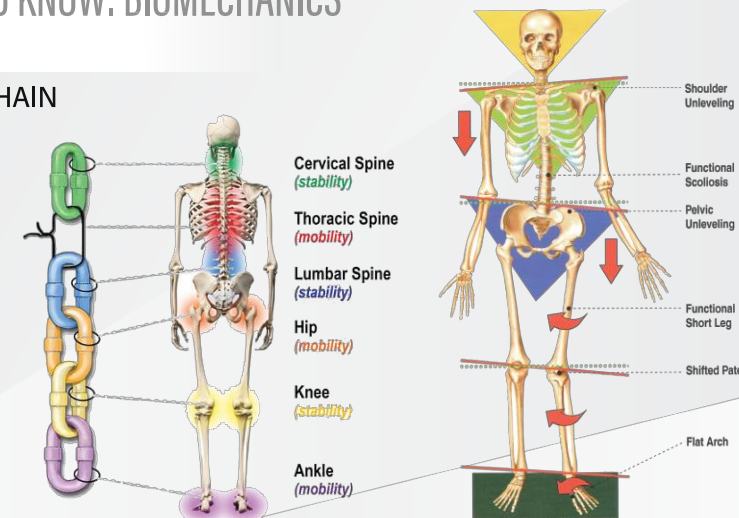


27

## WHAT YOU NEED TO KNOW: BIOMECHANICS



### THE KINETIC CHAIN

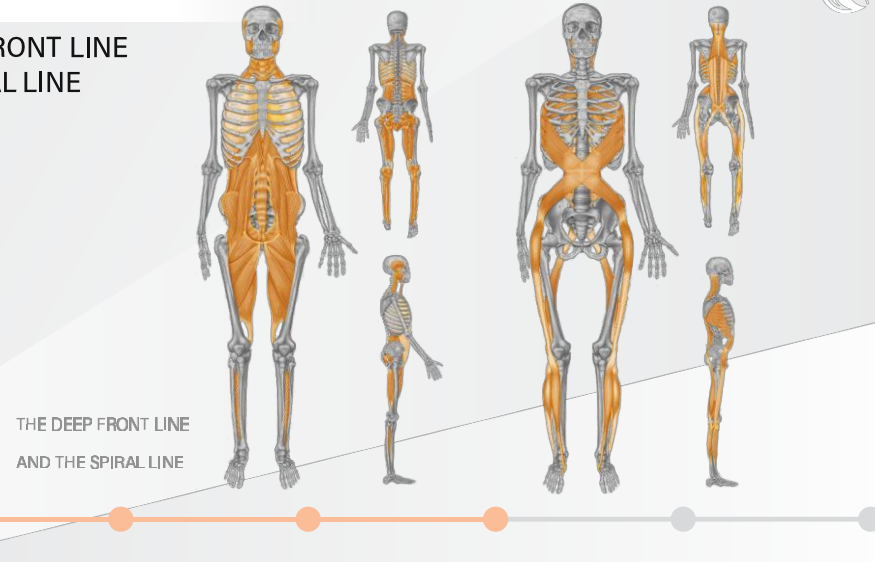


28



### WHAT YOU NEED TO KNOW: BIOMECHANICS

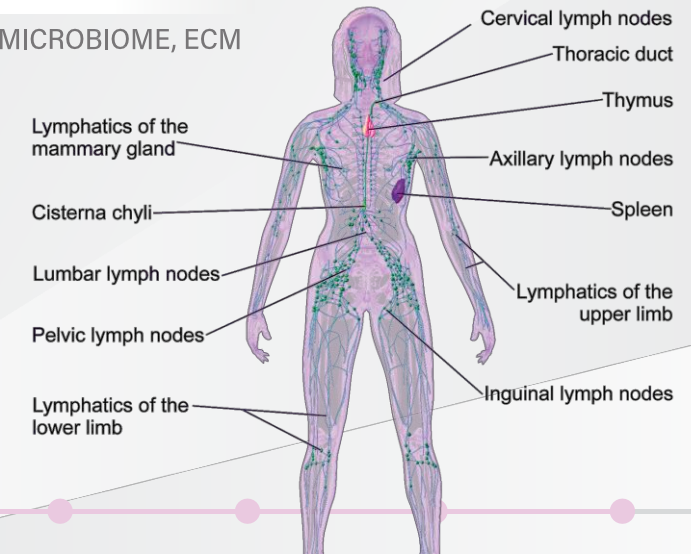
THE DEEP FRONT LINE & THE SPIRAL LINE



29

### THE SYSTEMIC CONNECTION

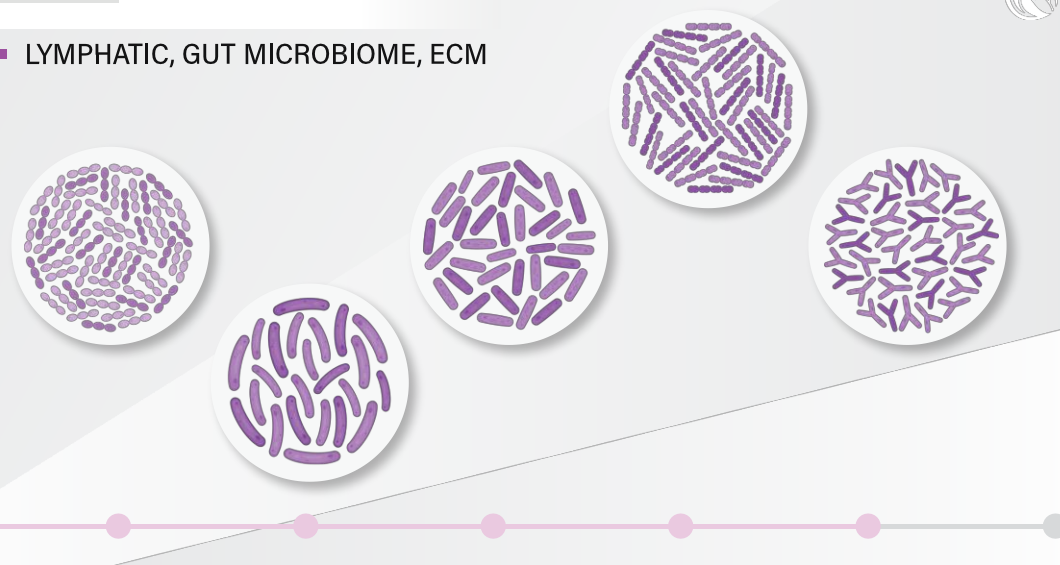
LYMPHATIC, GUT MICROBIOME, ECM



30

### THE SYSTEMIC CONNECTION

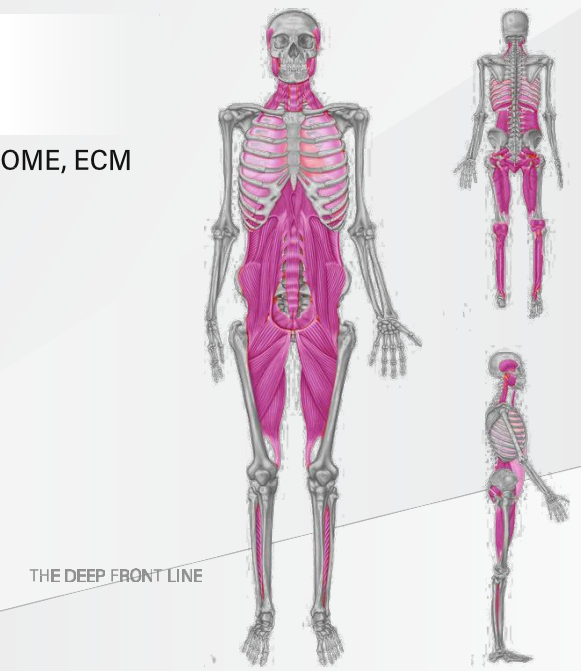
LYMPHATIC, GUT MICROBIOME, ECM



31

### THE SYSTEMIC CONNECTION

LYMPHATIC, GUT MICROBIOME, ECM



32

## THE EMOTIONAL CONNECTION



EMOTIONS ARE CHEMICALS

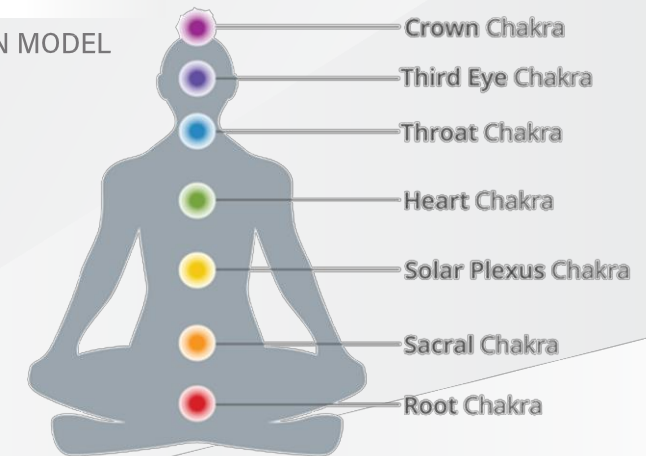


33

## THE MENTAL CONNECTION



DOWNWARD CAUSATION MODEL



34

## IN CLOSING



### Bunions, Big toes & Brains, oh my!

You now have an understanding of how subtle intricacies of walking influence someone physically, systemically, emotionally & mentally. Delve into the detective science of failed biomechanics & the global implications of ambulation on all those systems and how they impact your fitness and health.

**WARNING:**  
YOU MAY NEVER LOOK AT FEET THE SAME WAY AGAIN!



35



36