

YOUR BODY

NERVES

Nerves:

Provide a communication network that transforms electrical impulses into information used to initiate movement.

MUSCLES

Muscles:

Along with connective tissue, muscles are arranged in a way that requires us to exercise in 3 planes of motion (3D) for a healthy, pain free body.

BONES

Chain Reaction

1. Our bones move.
2. Our nerves sense the motion.
3. Our muscles control and create new motion.

Bones:

All human movement is a whole body, fully integrated chain reaction. Typically that reaction starts with the foot making contact with the ground.

206

TOTAL BONES

26

PER FOOT

52

TOTAL

1/4

OF ALL
BONES
IN FEET