



# GROW WITH EBFA™

April, 2014

Educational newsletter brought to you by the Evidence Based Fitness Academy Inc.

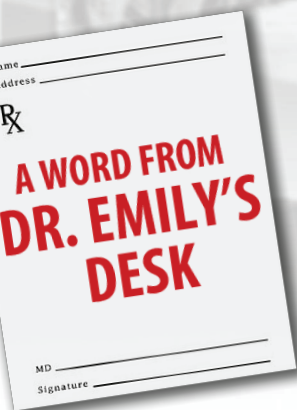
## Hello Health & Fitness Professionals!

Welcome to another issue of GROW with EBFA®, a newsletter dedicated to advancing global barefoot education. This issue is dedicated to our newest Master Instructor Team and SE Asian Educational Partnerships.

We are proud to welcome 11 new professionals to the EBFA Team each providing a unique background and perspective to EBFA's barefoot programming. We are excited to see the growth of barefoot training globally and the expansion into new markets including martial arts, barefoot running and physical therapy.

To learn more about upcoming workshops in Asia, please visit <http://evidencebasedfitnessacademy.com/workshop.html>

*Dr. Emily*



## Featured Article



### EBFA Partners with FIT

*SE Asian Education Partnership*

In March, EBFA hosted our first official Master Instructor Training in Bangkok, Thailand. With 15 hand picked professionals representing 8 countries, this three-day event marked a pivotal moment in the growth of EBFA and the future of health and fitness as it relates to barefoot science and foot fitness.

Through the collaboration with FIT, a SE Asian-based education company, together we are ready to spread the power of from the ground up training, barefoot science and foot to core activation!

*(continued on page 2)*

## Featured Barefoot Training Facility



### Momentum Lab - Lynn Ong, Singapore

If you find yourself in sunny Singapore and want to experience a workout that is safe, effective and integrates barefoot principles, I encourage you to check out Momentum Lab!

Momentum Lab is the conception of Lynn Ong, a realization to transform her passion through smart exercise.

Seven years ago, working at a corporate career, Lynn kept herself fit by running and exercising regularly. Despite being active, her agony began when her activities started to take their toll on her knees. Even the simple act of walking down the stairs caused her significant pain. In the course of seeking the reasons behind her pain Lynn found a compelling explanation in Pilates and was intrigued by how the exercise system had helped so many before her with similar injuries.



(continued from page 1)

Her exploration on the prevention of injury and restoring natural movement led her to the powerful benefits behind barefoot training. Today, her studio offers only barefoot-based movement classes and one-on-one sessions.

### **1. How do Momentum Lab members and clients respond to the concept of working out barefoot?**

In Momentum Lab, we deal with many clients with movement dysfunction, which is normally the cause of pain, whether in ankle, knee, hip or lower back. As a Pilates-based and functional training studio, we focus on performing corrective exercises while maintaining the enjoyment.

Most of our clients spend many hours wearing shoes during the day. As we receive loads of sensory information from our feet, wearing shoes during exercises not only restrict the natural movement of their feet but also causes the feet to rely on the shoes for stability.

Through understanding the science behind barefoot training from BarefootRx® Program conducted by Dr Emily, we re-create awareness in our clients' workout, teaching them and their feet with from the ground up training. With this awareness, it helps our clients to have better core control at the trunk and the deep transverse abdominal muscles, pelvic floor and gluteus medius work more efficiently when firing the correct intrinsic muscles at their feet. In many situations, clients would usually compensate their movement by relying on their QL, lower back or even locking their knees to stabilize which is likely to be the cause of pain and injury.

By integrating the short foot training principles into our exercise program, we noticed that it has helped many of our clients including a 44 year old female who has a flat and collapsed arch. After 4 weeks of adopting from the ground up training method by strengthening the intrinsic muscles of the plantar foot, she has less knee pain and is able to stabilize her hip much better. Together with the activation of deep transverse abdominal muscles, pelvic floor and gluteus medius, she is able to perform single leg exercise better with more repetitions without pain.

In another instance, a 50 year old male client who suffers pain from his right IT band, gastrocnemius and lower back, has actually improved by constant myofascial release on his trigger points on those areas. Using short foot in barefoot strengthening exercises such as single leg squats and single leg dead lifts, the gluteus medius activates alongside with the adductors and his core. Since then, his pain has decreased, posture improved and has better stability around his joints.

In summary, apart from feeling grounded, working out barefoot allows our clients to be more aware of the environment which helps them in their balance as they are using the natural movements of their feet. By improving balance and strengthening the core from the feet, it corrects muscle imbalances in ankles, knees and hips. From our observations, working out barefoot strengthens the muscles in the feet -



FIT was founded in 2005 by Dr. Suzanne Hosley, who has over 20 years of experience in education and training. She has been a lifelong fitness proponent and is an avid runner and triathlete. She is ACE, NASM and ACSM CPT as well as an NSCA Certified Strength and Conditioning Specialist (CSCS), a Twist Bronze Level Coach and an ISSN Sport Nutrition Specialist. She leads a team of highly qualified Senior Fitness Facilitators.



*EBFA MI Leena Reji (India) with Dr Suzanne Hosley*

FIT is Southeast Asia's first education, training and certification centre dedicated to developing world-class fitness professionals. It is the goal of FIT to raise awareness among fitness enthusiasts about the benefits of a healthy lifestyle through learning opportunities focusing on safe and effective fitness programmes, health and nutritional issues.

EBFA is honored to partner with FIT - a company that has positively impacted so many lives and is leading the way in fitness education in SE Asia.

*To learn more about FIT or to attend an EBFA workshop in Asia, please visit [www.fitthai.com](http://www.fitthai.com).*

(continued from page 2, Momentum Lab)

and when the strength of their feet and ankles increase, the overall dexterity and reactivity also increases. We can also see enhancements in our clients' balance and quality of movement, which in turn benefitted their day-to-day activities and sports performance.

## **2. What are future plans for Momentum Lab to further pursue barefoot movement?**

Momentum Lab has incorporated barefoot warm-up, strengthening exercises, short foot approach in our workout (private or group classes) to create awareness on the importance of feet stability and aim to improve strength and power during workout sessions with clients. Understanding barefoot neuromuscular activation patterns has helped equip our trainers with necessary knowledge when planning exercise program for clients in both rehab and fitness setting.

We plan to add more fun and effective barefoot group workout classes to our current workout program as to further advocate the benefits of training barefoot.

Our goal is to have all our trainers (existing and new) to be a barefoot specialist and to continue to spread awareness and importance of foot fitness to all our clients.

# **Meet the Newest EBFA Master Instructors**

EBFA Welcomes 11 Professionals to the EBFA Team



**YULIANA CHERNOMORD**  
China

**Certifications/Education:**  
MS Physiology, ACE-CPT,  
BTS-C



**GEOK KOON CHIA**  
Singapore

**Certifications/Education:**  
BSc Sports Science,  
Singapore Armed Forces,  
BTS-C



**ALBERT "TOBY" GENATO**  
Philippines

**Certifications/Education:**  
ISSA-CPT, World Kettlebell  
Club, 4Fitness Institute -FTS,  
TRX-C, Kali De Leon-Level 5



**TOMONORI KAWAI**  
Japan

**Certifications/Education:**  
Doctor of Chiropractic  
Medicine (DC), M.S. Sports  
Science & Rehab, CCSP,  
ICSSP, ART Graston-C, NKT,  
Rocktape, FAKTR

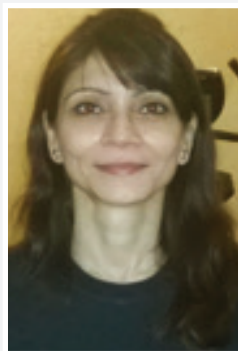


(continued from page 3, "Meet the Newest EBFA Master Instructors")



**SIMRAN LATIF**  
Malaysia

**Certifications/Education:**  
BSc Human Movement,  
NSCA-CSCS, ACE-CPT



**VANI BHALLA PAHWA**  
India

**Certifications/Education:**  
ACE-CPT, APA-Rehab  
Bosu-C, VibroGym-C, Reebok-  
GroupEx, Reebok-Step



**YOUNGCHUL PARK**  
Korea

**Certifications/Education:**  
NASM-CES, NASM-CPT, Power  
Plate-MI, TRX Rip-MI, Titleist-  
Golf, TP Therapy-MI



**KAMONCHAI RATTANADECHAKUL**  
Thailand

**Certifications/Education:**  
BSc Sports Science, MS Sports  
Science, Fitness Educator FIT,  
BTS-C



**LEENA REJI**  
India

**Certifications/Education:**  
BSc Nutrition, ACE-CPT,  
Zumba-I, LesMills-BodyPump



**MUHAMMED JAVED SUBBAH**  
India

**Certifications/Education:**  
Bsc. Physical Therapy, Fitness  
First-CPT, TRX-C, Bosu-C,  
LesMills-RPM, BodyPump, TP  
Therapy-C



**DEXTER TAY**  
Singapore

**Certifications/Education:**  
ACE-CPT, FISAF-CPT, TACFIT-I,  
WKC-KB, IKSFA-KB, RGSJ-KB,  
Singapore Weightlifting Coach - Level  
1, Human Movement-I, Foundation of  
Thai Massage, TP Therapy-C

**"EBFA Welcomes  
11 New Professionals  
to the EBFA TEAM!"**

# USA MI Program



## EBFA to Host MI Training in NYC

-Dr Emily Splichal, Founder EBFA Fitness

### Do you have a passion for fitness and education?

We are looking to bring on a highly select group of Master Instructors to share the power behind our unique educational programming for health and fitness professionals.

The EBFA Master Instructor (MI) Team is made up of highly qualified, passionate instructors with extensive fitness industry experience. All EBFA MI's have been thoroughly trained to teach the core Certifications offered through the EBFA program. Our Master Instructors lead instructor trainings and continuing education workshops throughout the world.

### Do you want to join a team of leaders in barefoot education?

As the first and only fitness education company that focuses on programming from the ground up™, EBFA has become the leaders in barefoot education globally!

Started in 2011 by Podiatrist and Human Movement Specialist, Dr Emily Splichal, EBFA was her way of sharing with the industry her passion for both medicine and movement. With Dr Splichal's unique educational background and insight into human movement as it relates to the foot & ankle and barefoot science, EBFA quickly became recognized for our evidence-based barefoot training programming including:

- Barefoot Training Specialist® Certification
- BARE® Workout Instructor Training
- Barefoot Rx® Certification
- Foot Strike & Functional Movement (Gait Assessment)

### Requirements for becoming an EBFA Master Instructor:

1. Candidate must hold a current, Nationally-Accredited (NCCA) Personal Trainer or Group Fitness Certification such as ACE, AFAA, NASM, NSCA or hold an advanced degree such as BS, ATC, LMT, MS, DPT, DC, DPM, MD.
2. Candidate must have a minimum 5 years experience in the fitness industry and demonstrate a passion for continuing education through either advanced fitness Certifications or attendance at fitness conferences.
3. Candidate must be fluent in English, but upon successful completion of the EBFA MI Program, courses can be taught in native language. EBFA will assist in the translation of all EBFA manuals, power points and supplementary educational materials.
4. Although prior teaching experience is not required, EBFA MI must demonstrate proficiency in public speaking and must embody the passion for the foot & ankle, barefoot science and human movement.

Upon successful completion of the EBFA MI Program, the MI will join a team of like-minded, passionate professionals who are ready to change the way the fitness industry looks at human movement, injury prevention and athletic performance - from the ground up™!

## EBFA Master Instructor Training

May 9 – 11, 2014  
New York City

## Accepting Applications!

For more information please contact:

[education@ebfafitness.com](mailto:education@ebfafitness.com)

### EBFA Master Instructor Program Agenda

MAY 2014, NEW YORK CITY



#### Join a team of leaders in barefoot education

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#### Quick Facts

Date:  
May 2014  
Location:  
New York City  
Cost:  
\$600 USD  
(does not include travel costs)  
Contact:  
[education@ebfafitness.com](mailto:education@ebfafitness.com)

#### Once in a lifetime experience

This 3 day intensive Master Instructor Program is unique to any training or Certification you have attended. By integrating the concept of from the ground up™ programming, we guarantee that after these 3 days you will not look at human movement the same!

Experience the power behind the foot & ankle and barefoot science while deepening your understanding of the human gait cycle, energy transfer and footware science.



# Upcoming Workshops

## US & Canada

**Sat. Apr. 26, 10am-4pm**

### **Barefoot Rx Barefoot Rehab Specialist - New York, NY**

H&D Physical Therapy  
12 E 46th St  
New York, NY

**Sat. Apr. 27, 11am - 12:15pm**

### **Run Injury Free - Palo Alto, CA**

Nor-Cal Fitness Summit  
Residence Inn - Palo Alto  
1854 El Camino Real West

**Sun. June 15, 12pm - 3pm**

### **Run Injury Free - Truckee, CA**

Truckee Chiropractic  
11464 East Ridge Road  
Truckee, CA 96161

**Sat. June 21, 1pm - 6pm**

### **Foot Strike & Functional Movement - Rockville Centre, NY**

Sky Athletic Club  
310 Merrick Ave.  
Rockville Centre, NY 11570

**Sun. June 29, 9:30am-12:15pm**

### **Movement From the Ground Up - Chicago, IL**

Perform Better Summit  
McCormick Place Convention Center  
2301 S. Martin Luther King Dr.  
Chicago, Illinois 60616

**Fri. July 11, 3pm-3:50pm**

### **Barefoot Training for Speed & Agility- Las Vegas, NV**

NSCA National Conference  
Paris Hotel  
3655 S Las Vegas Blvd  
Las Vegas, NV 89109

## International

**Sat. June 7, 9:30am - 6:30pm**

### **Movement From the Ground Up - Barcelona, Spain**

Avinguda Guiera, 6  
08290 Cerdanyola del Vallès,  
Barcelona, Spain

**Sun. June 8, 9:30am - 6:30pm**

### **Movement From the Ground Up - Barcelona, Spain**

Avinguda Guiera, 6  
08290 Cerdanyola del Vallès,  
Barcelona, Spain

**Sat. Aug 8, 9am-5pm**

### **Barefoot Training Specialist® - Buenos Aires**

Valpo Center  
Mitre 110  
(6450) Pehuajo  
Buenos Aires, Argentina

**Sun. Aug 9, 9am-5pm**

### **Barefoot Training Specialist® - Buenos Aires**

Valpo Center  
Mitre 110  
(6450) Pehuajo  
Buenos Aires, Argentina

## Contacts

**Dr Emily Splichal**

Founder EBFA Fitness

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**Sanjay Dev**

Director of Global Initiatives

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**Doug Van Dalinda**

Continuing Education Coordinator

[doug@ebfafitness.com](mailto:doug@ebfafitness.com)

## Foot Fact:



Did you know that there is a direction relationship between stride length and patellofemoral joint loading?

Studies have shown that by switching to a midfoot strike, stride shortens and PF joint stress decreased by 10% (Ratcliff et al. 2014).

The reason for this decrease in joint stress is that a midfoot strike is associated with a smaller body spiral during deceleration. Decrease the deceleration body spiral and decrease the risk for altered joint coupling at the knee.

# MOVEMENT FROM THE GROUND UP WEBINAR SERIES

## DATES

**EVERY WEDNESDAY, THIS MONTH OF APRIL 2014**

\*\*\*All webinars are recorded and can be watched at a later time\*\*\*

**This training meets 4 times. You are expected to attend all 4 sessions.**

**APRIL 9, 16, 23 and 30 from 8:00pm to 9:15pm EDT**

## DESCRIPTION

Join EBFA's Dr Emily for our first CEC webinar series introducing you to our unique from the ground up programing.

In this 4 part webinar series you will learn how barefoot science and foot activation are the foundation to faster stability and efficiency which translates to more functional movement.

**Week 1 (April 9)** - Introduction to from the ground up training. Learn how to improve foot to core sequencing through co-activation patterns, joint coupling and myofascial integration.

**Week 2 (April 16)** - Introduction to from the ground up functional movement. Learn how to assess the walking gait cycle to improve client programming and movement efficiency.

**Week 3 (April 23)** - Introduction to from the ground up movement efficiency. Learn how to improve movement through faster deceleration, eccentric endurance and better energy storage.

**Week 4 (April 30)** - Introduction to from the ground up programming. Learn through case studies in injury prevention, athletic performance and corrective exercise.

**Earn NASM, NSCA, ACE & AFAA cecs.**

## PRICE

**\$160.00 per registrant**

For information regarding cancellations and refunds, please contact the organizer at [dremily@ebfafitness.com](mailto:dremily@ebfafitness.com).

## HOW TO REGISTER

**Reserve your Webinar seat now!**

Register Here: <https://attendee.gototraining.com/r/5175918359356242433>

**Not a subscriber? Sign up now to get free monthly education from EBFA!**



**Leaders in Barefoot Fitness**