



GROW WITH EBFA™

March, 2016

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

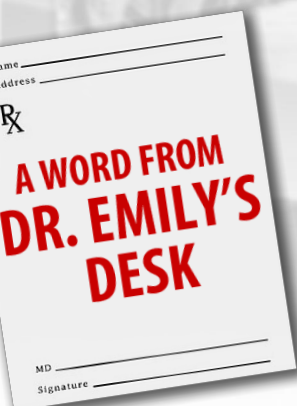
Hello Health & Fitness Professionals!

Welcome to another issue of GROW with EBFA. I am very excited to share that since January 2016 EBFA has been busy updating our education to integrate the latest research in barefoot science, fascial tensioning and breathing patterns. I am very proud of our new content and know that professionals across the world will be better prepared to positively impact their clients movement patterns and lives through our programming.

As we continue to expand our education we have some new territories we will be launching our education in this year. From Taiwan to the U.K. and Czech Republic, EBFA is dedicated to maintaining the highest level of barefoot education and paving the pathway to more efficient movement - one step at a time.

I wish you continued happiness and remember to stay #barefootstrong!

Dr. Emily



Featured Article

Myofascial Energy Transfer & Movement Efficiency

by Dr Emily Splichal, DPM, MS, CES

When we walk, run, jump or do any dynamic movement there is a fascinating interaction that occurs between the body and the ground. This interaction may only take a mere milliseconds but it provides the energy source needed for efficient human movement.

Upon ground contact the body encounters impacts forces which are detected by the plantar foot (and sometimes palmar hand) and quickly converted into potential energy.

What happens next is critical to how effectively you take your next step. Even before your foot contacts the ground the nervous system is preparing for impact. This preparation is achieved through what's called stiffness.

(continued on page 2)

Evidence-Based Exercise



Breathing Exercises for Acid Reflux / GERD

Gastroesophageal reflux disease (GERD), also known as acid reflux disease or heartburn, can be uncomfortable at best, painful at worse, and even downright dangerous in extreme cases. According to the NIH over 60% of adults will experience acid reflux symptoms at some point with diagnosis increasing by an astounding 216% between 1998 and 2005.

A majority of individuals experiencing acid reflux symptoms are on long term medication which despite being beneficial have associated risks with long term use. For this reason,



researchers are exploring new options including diaphragm strengthening via breathing exercises.

A 2011 study by Eherer et al. compared the benefits of diaphragmatic breathing exercises to a control group (proton pump inhibitor only). After a four week period Eherer et al. found a significant decrease in esophageal pH in the breathing group when compared to the control.

As an extension to the study Eherer et al. taught all subjects the diaphragmatic breathing exercises with 11 of the 19 subjects continuing the breathing exercises 9 months post-study. The effectiveness of the diaphragm strengthening program was so effective that many of the subjects stopped using proton pump inhibitor medication.

What this research supports is what many health and fitness professionals already appreciate - the important role that breathing and diaphragm strength has in our overall function.

With EBFA's Barefoot Training Specialist Certification heavily focused on pelvic floor function we cannot forget the myofascial integration between the diaphragm and pelvic floor. To achieve optimal function in our pelvic floor and foot to core sequencing patterns, we must have a functioning diaphragm.

Eherer, AJ et al. Positive effect of abdominal breathing exercise on gastroesophageal reflux disease: a randomized, controlled study. Am J Gastroenterol. 2011 Dec 6

Stiffness is a requirement for movement efficiency

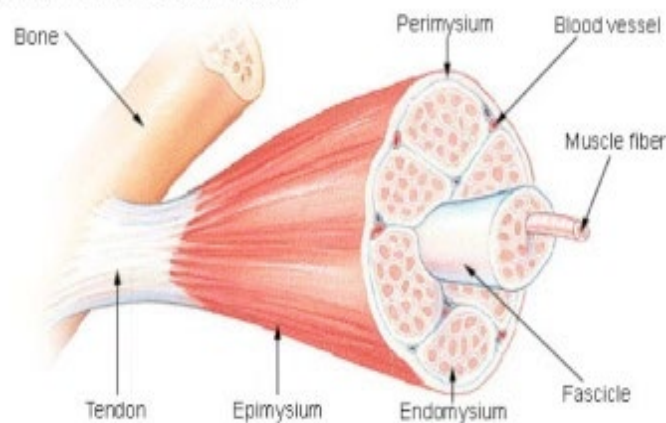
The stiffer your foot & ankle are upon contact the quicker you will be able to load and unload the potential energy contained within these impact forces. In fact research has shown that it is foot and ankle stiffness that translates to running speed. A 2002 study by Brett et al. found that sprinters who could generate the greatest stiffness had the fastest acceleration.

So how do we create this stiffness needed upon foot contact?

The answer lies within the integrated relationship between our muscles and fascia.

Myofascial Tensioning = Stiffness

Structure of a Skeletal Muscle



All of our muscles contain a deep interconnected myofascial web that is continuous with the surrounding tendons and ligaments. This myofascial web runs from around the muscle as a whole (epimysium) to around the muscle fascicles (perimysium) and finally around the individual muscle fibers (endomysium).

Each of these individual fascial layers have muscle fibers inserting onto them making their relationship dynamic – as well as one that is necessary for movement efficiency.

The way our body creates stiffness is through isometric contractions. Isometric contractions create tension through this myofascial web – especially through the perimysium. Why the perimysium is important to stiffness and energy transfer is that studies have shown that it is this layer of fascia that

contains the highest concentration of myofibroblasts. Myofibroblasts are the cells that contain the contractile potential for elastic energy transfer.

This process of isometric contraction leading to fascial tension is what Dr Nigg refers to as the Muscle Tuning Theory and what EBFA refers to as fascial tensioning.

Fascial Training Beyond Foam Rolling

The health and fitness industries have done a great job at bringing myofascial or trigger point release to the forefront, however our fascial fitness cannot stop there. Our fascia requires attention beyond simply foam rolling.

To achieve optimal movement efficiency our fascia needs to be trained to create tension or stiffness – a stiffness that must actually be pre-activated before our foot contacts the ground. In addition our fascia needs to be elastic or have a rubber band effect to it. This can be trained through rhythmic movements such as tai chi, gyrotonics or many of the exercises we do in the BARE® Workout.

To explore the concept of fascial tensioning a little bit more please check out the this video: <https://youtu.be/CWvCcsiRu6k>.

I also encourage you to check out EBFA's Barefoot Training Specialist® Certification! **Stay #barefootstrong!**

EBFA EDUCATIONAL WEBINAR

Feet, Fascia and the Future of Functional Movement

with Dr Emily Splichal

Home Study / EBFA Online



The dynamic control of functional movement is deeply integrated on the body's perception of the outside world. Join me for this 3-part Home Study / webinar series as i explore the latest research on how our feet, fascia and functional movement are even more integrated than we currently realize.

From fascial tensioning to fascial elasticity our fascia plays a role in how we perceive, store and transfer forces during dynamic movement. This webinar series will prepare you how to train your clients for more efficient and precise movement.

Video 1 - Fascial Tensioning & the Future of Proprioceptive Training

Learn how small nerve proprioceptive training and stimulation is the future of movement accuracy and performance training.

Video 2 - Fascial Elasticity and the Future of Energy Transfer

Learn how to effectively transfer forces through specific training of fascial elasticity and rhythmic loading via isometric movements.

Video 3 - Foot Function and Fascial Lines

Learn how the plantar foot layers are a fascinating fascial pathway of interconnecting fascial lines which are intended for optimal foot function and human performance.

Home Study Fee - \$125 USD

[Purchase Now!](#)

EBFA HOSTS 2ND ANNUAL INDIA BAREFOOT TRAINING SUMMIT

5-6, March 2016 - Mumbai, India



This past weekend EBFA Global and FIT India hosted the 2nd Annual Barefoot Training Summit in Mumbai, India.

Over 40 professionals from across the country attended this 2-day event. Top international presenters including Dan Edwardes (London, UK), Richard Scrivener (London, UK), Dr Evan Osar (Chicago, USA) and Dr Emily Splichal (NYC, USA) taught professionals concepts including fascial tensioning, jumping / landing techniques, energy transfer, primal movement and corrective exercise strategies.

We cannot be more appreciative of the support given by India and all the health and fitness professionals of this country. We look forward to seeing everyone at the 2017 Barefoot Training Summit!



**Do you integrate barefoot training principles at your facility?
Do you employ at least one Certified Barefoot Training Specialist®?
Apply to become an Accredited Barefoot Training Facility!**

With EBFA's Barefoot Training Specialist® Program now in over 21 countries, 7 continents and translated into 9 languages it is time to celebrate those facilities who are making barefoot training principles a key feature in all their training programs and into the mission of their training facility.

By holding the official seal or identity as an Accredited Barefoot Training Facility you are advertising to your members and clients that you believe in evidence-based principles and the safety of progressive barefoot training. It also demonstrates that you understand and believe that barefoot training far exceeds that of simply running.

By becoming an Accredited Barefoot Training Facility you must believe in the benefits of barefoot training as a form of neuromuscular training.

What does it take to be an Accredited Barefoot Training Facility?

To become listed as an Accredited Barefoot Training Facility you must:

1. Employee at least one Certified Barefoot Training Specialist®.
2. Advertise on your website or in programming that you promote or encourage members and clients to train sans footwear or at least warm-up without shoes.
3. Be a facility that is set up for evidence-based programming which means you must demonstrate an understanding for different surfaces and how each can positively or negatively effect barefoot training benefits.
4. Integrate the Barefoot Training Specialist® or Accredited Barefoot Training Facility logo on your website and in your facility so that potential members and clients are made aware of your mission to spread the importance of barefoot training.
5. Apply to become Accredited through EBFA as well as agree to the mission statement of EBFA for the greater benefit of barefoot training.
6. Remit payment for annual membership fee. Membership fee includes listing on EBFA site, access to Online Portal, Welcome Kit includes logos and t-shirts, discount to all future EBFA workshops.

To apply to become an Accredited Barefoot Training Facility please contact education@ebfafitness.com

Upcoming Workshops

US & Canada

Sun. March 13, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Franklin, TN**

Franklin Family YMCA
501 S. Royal Oaks Blvd.
Franklin, TN 37064

Sat. March 19, 10am - 5pm and

Sun. March 20, 10am - 5pm

**Barefoot Training Specialist® Level 2 -
New York, NY**

Lucille Roberts
50 E. 42nd St
New York City

Fri. March 25, 4pm - 8pm and

Sat. March 26, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Montreal, Quebec**

U.N.I. Training
1751 Richardson
Montréal, Québec
H3K 3G6

Sat. April 2, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Barrie, Ontario**

Lifesource Wellness
102 Commerce Park Drive
Barrie, ON, Canada
L4N 8W8

Sat. April 2, 9am - 6pm and

Sun. April 3, 9am - 6pm

**2nd Annual Barefoot Training Summit -
San Francisco, CA**

Bay Club - San Francisco Tennis
645 5th St
San Francisco, CA 94107

Mon. April 4, 8am - 4pm

**Barefoot Training Specialist® Level 1 -
San Francisco, CA**

StudioMix
1000 Van Ness Ave Floor 3
San Francisco, CA 94109

Fri. April 15, 1pm - 5pm and

Sat. April 16, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Pueblo West, CO**

Snap Fitness
279 S Purcell Blvd
Pueblo West, CO 81007

Sat. April 16, 12pm - 6:30pm and

Sun. April 17, 9am - 3:30pm

**Barefoot Training Specialist® Level 1 -
Bethlehem, PA**

Inner Strength Fitness Studio
2485 Willow Park Road
Bethlehem PA 18020

Fri. May 6, 5pm - 9pm and

Sat. May 7, 8am - 5pm

**Barefoot Training Specialist® Level 1 -
West Chester, PA**

Kinetic Physical Therapy
1130 McDermott Drive
West Chester, PA 19380

International

Sat. March 19, 9am - 5pm and

Sun. March 20, 9am - 1pm

**Barefoot Training Specialist® Level 1 -
Coruña, Spain**

Location TBA
Coruña, Spain

Sat. March 19, 9am - 5pm and

Sun. March 20, 9am - 5pm

**Barefoot Training Specialist® Level 2 -
Zarautz, Spain**

Location TBA
Zarautz, Spain

Sat. March 26, 9am - 5pm

**Barefoot Training Specialist® Level 2 -
Tokyo, Japan**

Takadanobaba "Human Academy"
Tokyo, Japan

Sat. April 16, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Seoul, Korea**

Location TBA
Seoul, Korea

Sun. April 17, 9am - 5pm

**Barefoot Training Specialist® Level 2 -
Seoul, Korea**

Location TBA
Seoul, Korea

Sat. April 16, 9am - 5pm and

Sun. April 17, 9am - 5pm

**Barefoot Training Specialist® Level 1 -
Madrid, Spain**

Location TBA
Madrid, Spain

Thurs. April 21, 10am - 5pm

Fri. April 22, 10am - 5pm

**BarefootRx® Rehab Specialist -
Taipei, Taiwan**

Taipei Campus of Kang Ning University
No. 137, Lane 75
Sec. 3, Kangning Rd
Neihu District
Taipei City 114, Taiwan

Sat. April 23, 9am - 5pm and

Sun. April 24, 9am - 5pm

**BarefootRx® Rehab Specialist -
Taipei, Taiwan**

Elite Clinic
2F, No. 58 Xingjiong Rd
Neihu, Taipei Shih 114, Taiwan

Thurs. April 28, 9am - 5pm

Meeting of the Minds -

Melbourne, Australia

Melbourne Convention Center
Melbourne, Australia

Fri. April 29, 9am - 5pm and

Sun. May 1, 9am - 5pm

**FILEX Fitness Convention -
Melbourne, Australia**

Melbourne Convention Center
Melbourne, Australia

Barefoot Training Summit

Fitness | Performance | Rehab

April 2nd - 3rd, 2016

Bay Club - San Francisco Tennis

San Francisco, CA



Michol Dalcourt
San Diego, CA



Chris Flores
Westfield, NJ



Stacey Lei Krauss
Denver, CO



Dr Perry Nickelston
Ramsey, NJ



Dr Emily Splichal
New York City, NY

Are you ready to take the concept of “barefoot” beyond running?

EBFA proudly returns to India for the 2nd Annual Barefoot Training Summit! This two day health and fitness conference is dedicated to the power of barefoot training, fascial fitness and from the ground up movement.

Get ready to learn from this all-star line-up of educators who will be focusing on fitness, performance and rehab.



Registration Open!
Earn NASM, ACE & AFAA
www.barefoottrainingsummit.com

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



Leaders in Barefoot Fitness