



HISTORY OF FOOT FITNESS

"Part II: WWII Through 1960s"

Narrated by Ron Jones, MS

AVENGERS OF HEALTH!

FM 35-20

WAR DEPARTMENT
W.A.C. Field Manual

PHYSICAL TRAINING



15 JULY, 1943



AVENGERS OF HEALTH!

“FM 35-20: WAC FOOT FITNESS”

ARMIES MOVE ON THEIR FEET

ARMIES move on their feet. That fact has hitherto ruled out female Armies, for the average woman's foot is her “Achilles' heel”—the weakest spot in her armor. High heels, poorly fitted shoes, and neglect of proper foot hygiene have made women's feet a source of trouble and unhappiness.

In the Army you receive well-fitted shoes with a moderate heel—designed to help you use your feet correctly. Planned exercise is the second factor in winning foot health.

Study your foot for a moment. Its bony structure consists of two arches. One is called the longitudinal arch because it runs the length of the foot. The other is called the metatarsal arch because it runs under the metatarsal bones—the bones of the sole of the foot. When one of these arches is strained it weakens the other, for the foot is an unusually sensitive and well-balanced structure.

This structure is assisted in maintaining its position by ligaments and muscles. The muscle you see on the side of the manikin's leg is the “tibialis anticus”—a big name for a muscle which runs along the front of the leg near the shinbone. This muscle runs across the ankle and attaches itself to the underside of the foot near the big toe. It therefore helps to maintain the arch. When it contracts it pulls up on the arch.

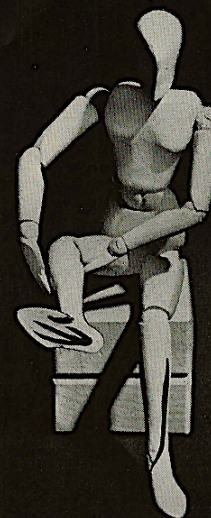
There are many other sets of muscles on the bottom of the foot that play an important part in maintaining the arch. They come into play when the toes are used.

Whether or not you remember the bony or muscular structure of the foot isn't important. It is important to know that the best exercise for the foot is to walk correctly. To do this simply place the heel down squarely. Shift the weight down the foot more toward the outer border than the inner border. Grip and push off with the toes.

Planned exercises give your feet the build-up they need. They make walking and standing easier, more pleasurable, less fatiguing. Nothing in this entire series can mean more to a woman's Army than the exercises that follow.

See “Marching Exercises” for variations of walking that help foot health.

Page 62

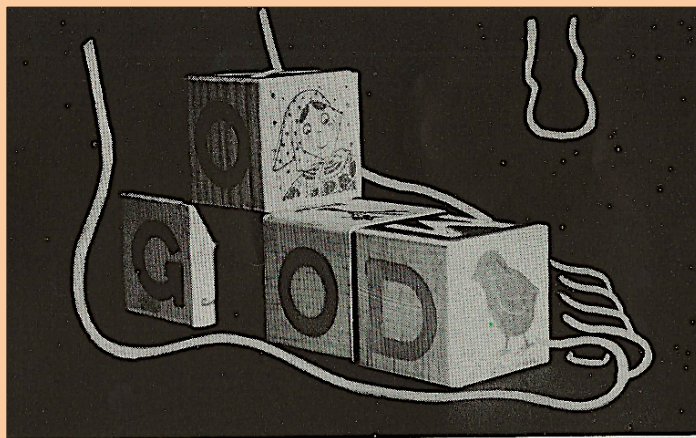


FOOT EXERCISES



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"FM 35-20: WAC FOOT FITNESS"



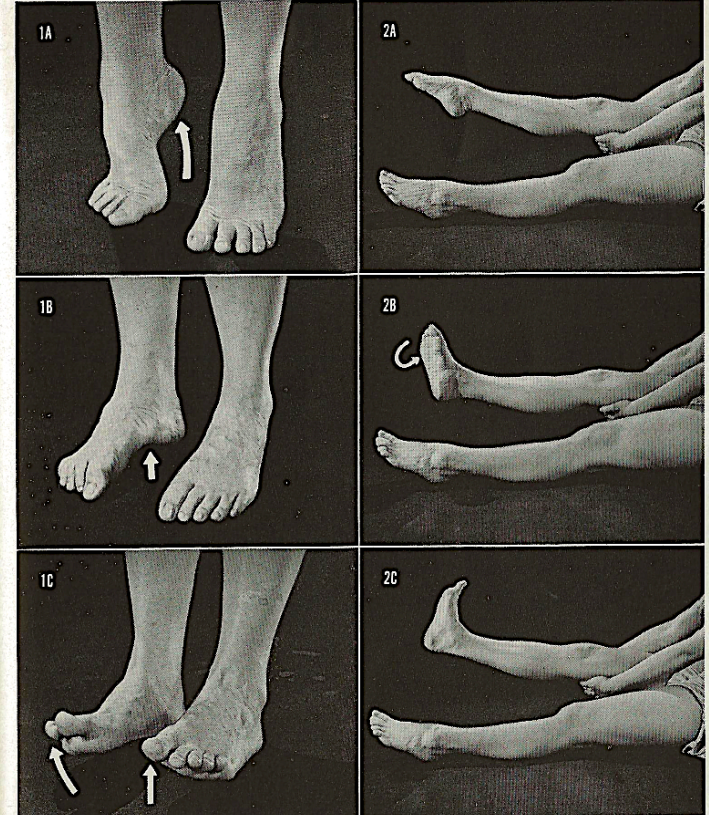
PRINCIPLES OF CORRECT FOOT POSTURE

GOOD. The foot above spells "good" because it shows the correct mechanical position of the various parts of the foot. Notice that the block which represents the ankle bone is squarely over the foot. The ankle will look firm and small. Notice that the arch is plainly visible. Keep the body weight toward the outer borders of the feet.

POOR. The foot below spells "poor" because it violates the mechanics of foot posture. Notice that the arch block protrudes toward the inner border of the feet. The ankle will be prominent and make you feel that it is large. "X" marks the spot where the arch was. Weight thrown toward inside border of the feet has weakened the arch.



SOME SIMPLE EXERCISES FOR YOUR FEET



HEEL AND TOE RAISING. Stand with feet parallel. Rise on toes. Return to starting position. Shift weight to outer border of feet. Return to starting position. Shift weight to heels, raising toes from ground. Return to starting position. When these three movements can be done well, repeat them consecutively; up on toes, roll to outer edge of feet, and back to heels without returning to starting position.

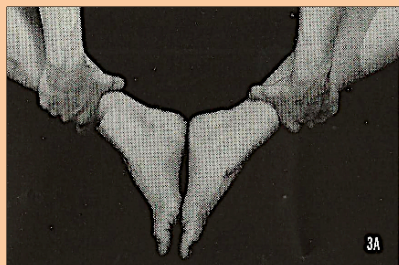
FOOT CIRCLING. Sit on ground with legs outstretched, hands under one knee to hold leg off the ground. (1) Point the toe as far as possible. Relax. Push the heel as far out as possible. Relax. Combine the two. (2) Turn the foot in as far as possible. Relax. Turn the foot out as far as possible. Relax. Combine the two. (3) Circle the foot. Emphasize pulling up on the arch. Do not twist the leg from the knee.

Page 65

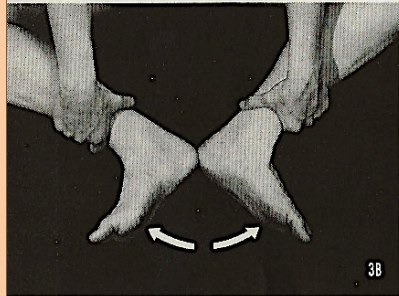


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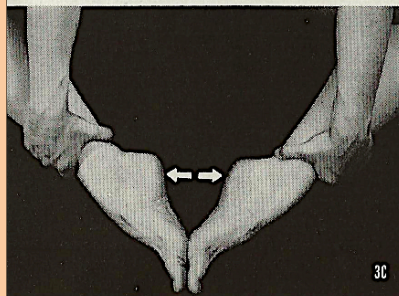
FM 35-20: WAC "FOOT FITNESS"



HEEL AND TOE PULL. Sit on ground with soles of feet together, hands grasping ankles. The back should be kept straight throughout the exercise.

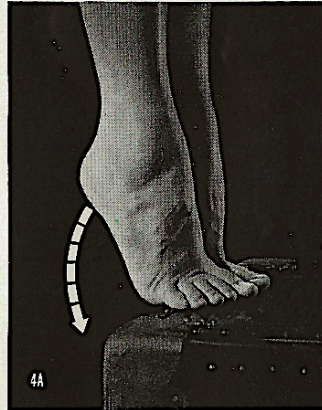


Keeping heels together, pull balls of feet as far apart as possible. Keep heels and little toes in contact with the ground. Return to first position.

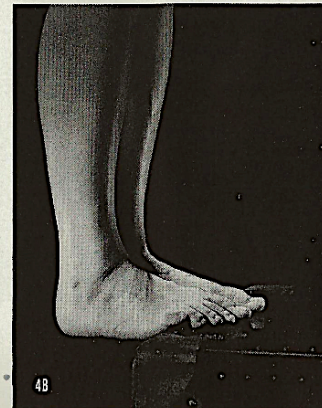


Keeping balls of feet together, pull heels as far apart as possible. Return to starting position. Repeat these two stretching movements alternately.

MORE EXERCISES



BALANCED HEEL LOWERING. Standing on foot locker with only balls of feet holding weight, heels extended back off trunk. Rise on toes.

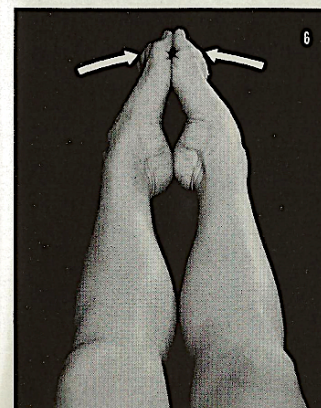


Drop the heels down as far as possible below the level of the trunk. This exercise can be done with a partner aiding for good balance.

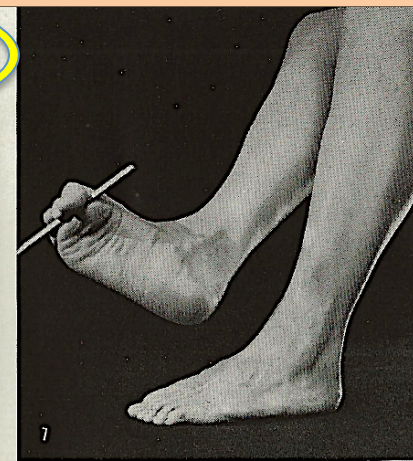
FOR FOOT FITNESS



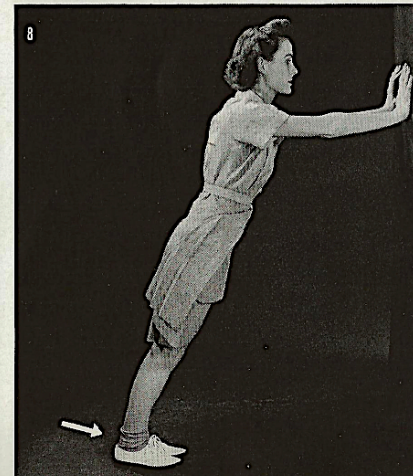
TOE GATHERING. Curl toes over edge of towel. Pull towel toward you by gripping, releasing, lifting toes. Relax. Repeat. Stress curling toes.



SOLE TO SOLE. Sit on ground with legs outstretched. Attempt to touch soles of feet together without bending knees. Remember posture.



TOE PICK UP. Pick up paper or pencil with toes. Change object from one side of body to other by lifting and placing to outside of opposite foot.



TENDON STRETCHING. Stand erect and fall toward wall keeping feet flat on floor. Regulate your stretch by the distance from the wall.



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US NAVAL AVIATION PT: "V-FIVE"

42

TRACK AND FIELD

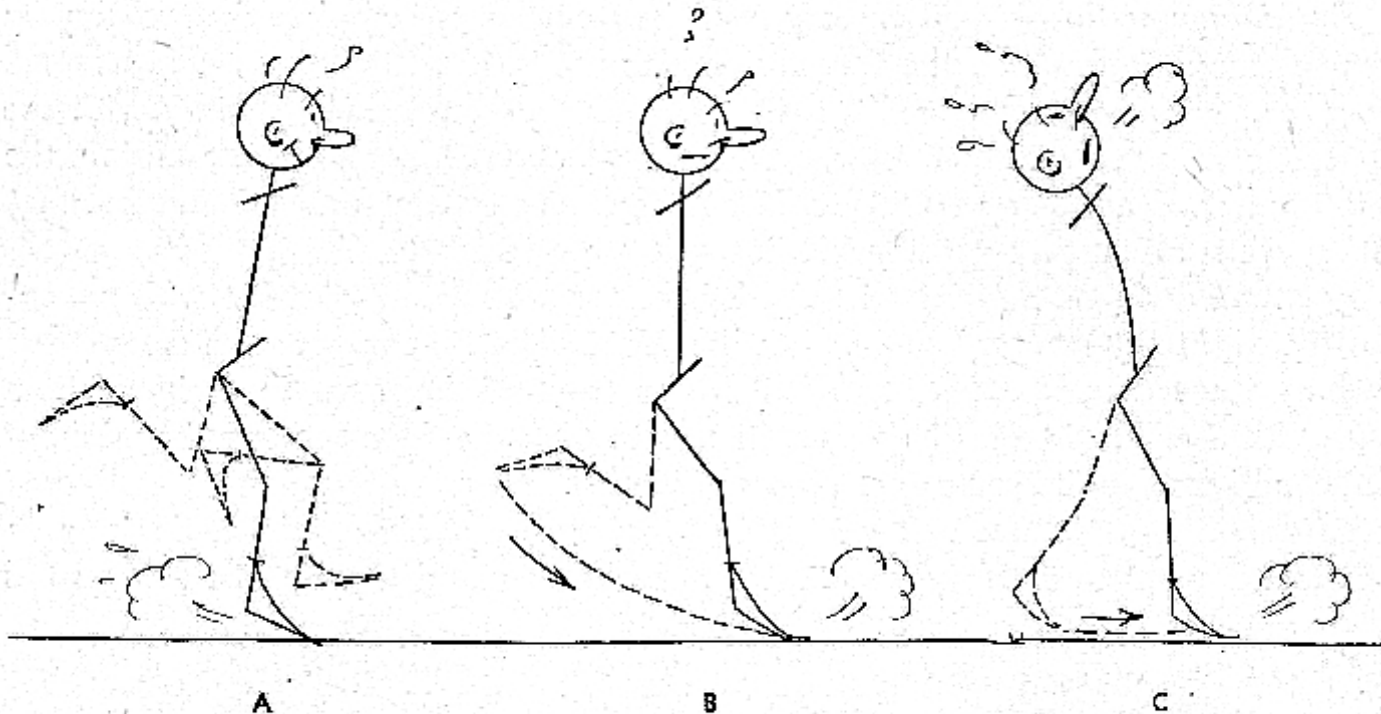


FIG. 4. Common faults in leg action. a) Correct. b) Half-stride. Kick-up but no recovery. c) No kick-up, no recovery.



Track & Field Manual (1943)

**Gerald Ford, G.W. Bush, John Glenn*

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“BONNIE PRUDDEN”



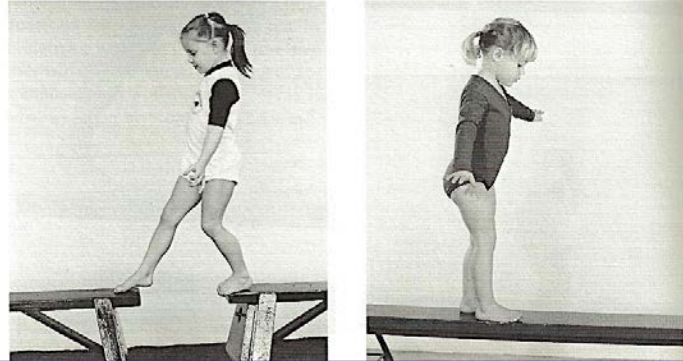
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"PRUDDEN BEAMS & LADDERS"

137. THE GRAND CANYON

Ann, who has crossed the chasm many times from the time it was a one-inch space, now steps right out. The secret

to success is to widen it a little at a time. There will come a time when it can be crossed backward.

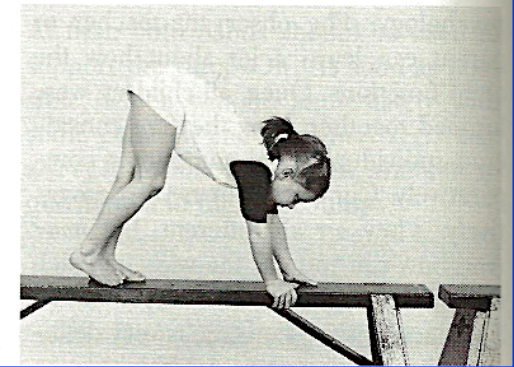


214

How to Keep Your Child Fit from Birth to Six

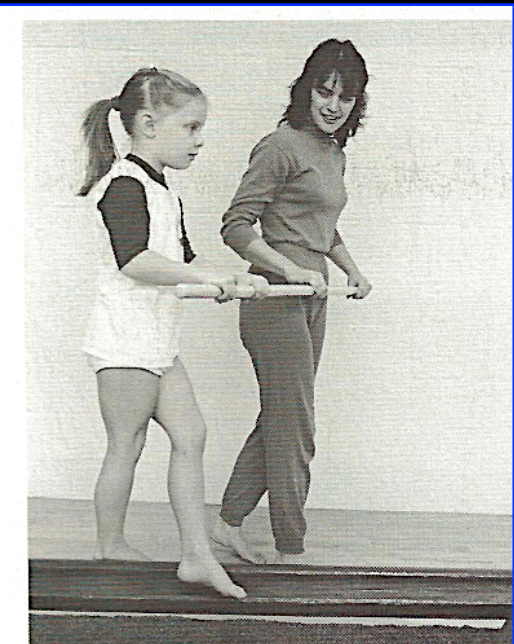
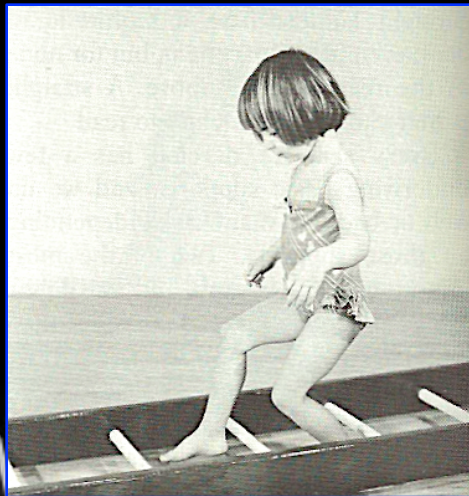
139. THE MONKEY WALK

The Monkey Walk involves flexibility as well as balance. The more flexible the "hamstrings" in the backs of the legs, the closer will the feet be to the hands. To improve, do the stretches in the duo exercises (page 242) as well as exercise 86.



145. SINGLE-TRACK CROSSOVER

This exercise will call for help in the beginning and maybe for some time after. Place the *right* foot on the *left* side of the track and step forward to place the *left* foot on the *right* side. Do this, and all the track exercises, both forward and backward.



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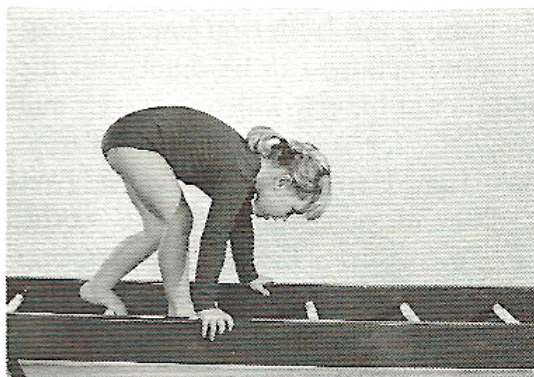
"PRUDDEN LADDERS & BLOCKS"

The Exercise Program—For Home and School

229

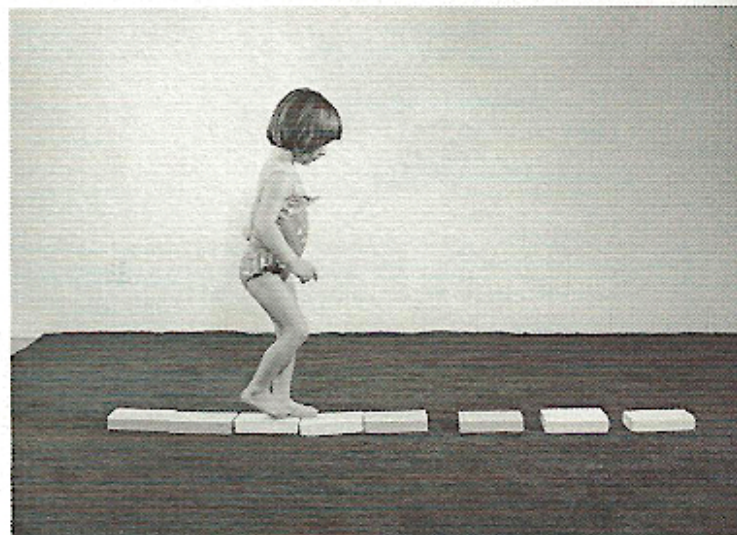
162. LADDER RUNGS AND SIDES

Sara, too, is a very concentrated little person. If you will keep a careful watch, you will find that children exposed to apparatus and stunts have far better concentration than do those left, like Topsy, to "just grow." Think about that one for a minute. Concentration allows the look-see-report-back-to-the-brain series to take place, and the more concentration, the better the retention and later return.



165. THE BLOCK BALANCE BEAM

Place the blocks in a straight line and walk from end to end. Again note the child's concentration. Not all children have it at first, but it does develop, and with it comes success—success that you can praise.



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“PRUDDEN BEAMS & RAMPS”



Regression & Progression:

- *Flat*
- *RR Track*
- *Angles*
- *Height*

Jumping Ramp



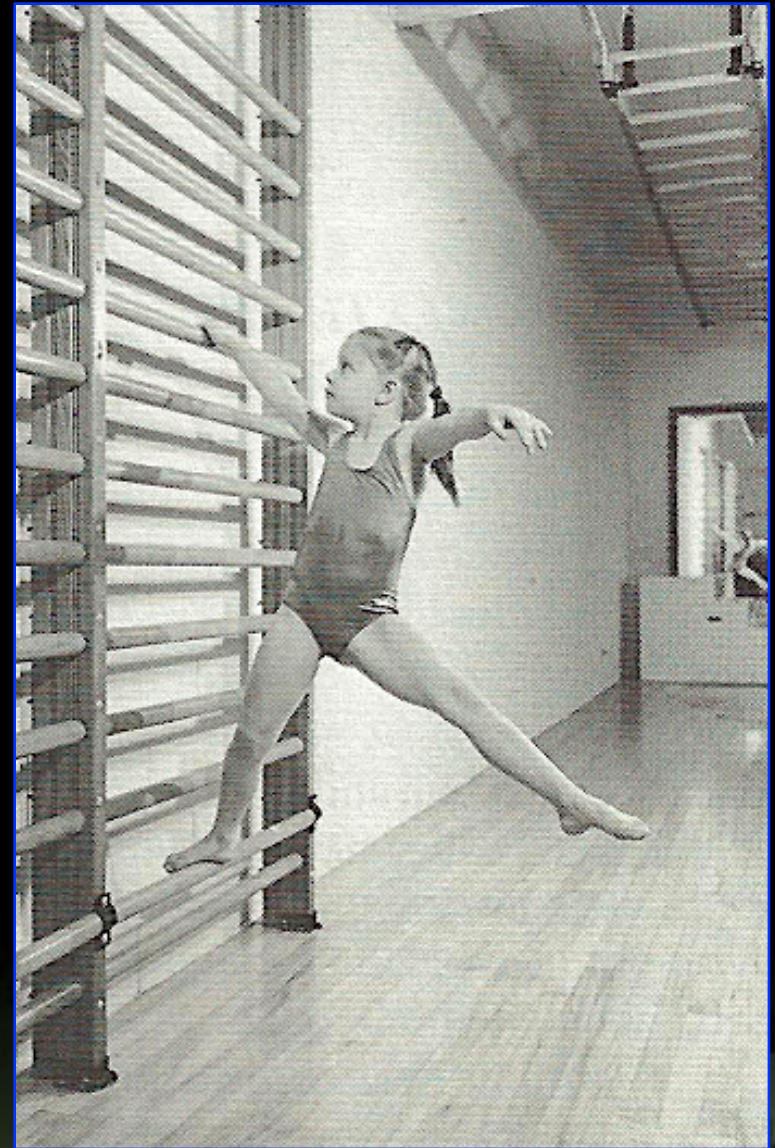
“Barefoot” Drills Emphasized!

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PRUDDEN & "STALL BARS"

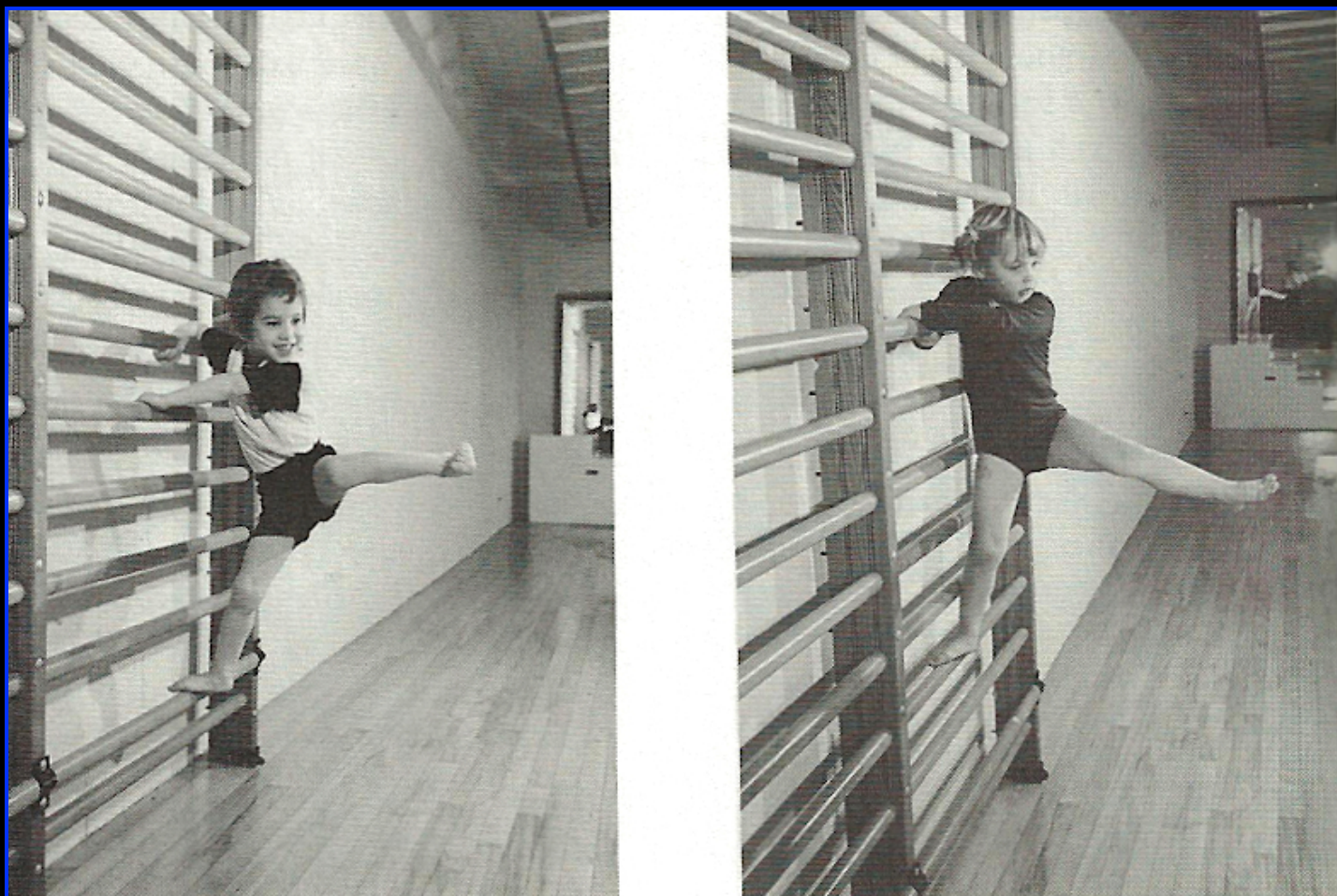
The Exercise Program—For Home and School

187. THE LEAN-OUT



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PRUDDEN & "STALL BARS"

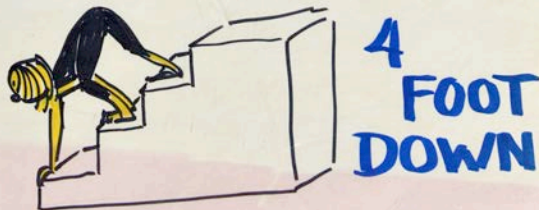


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"PRUDDEN CIRCUITS"

6

stairs



20

ladder/beam
walks

BALANCE
CRAWL



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"CURETON HOPS & LA SIERRA HIGH"



PHYSICAL FITNESS & DYNAMIC HEALTH

by Thomas K. Cureton, Jr.

Professor of Physical Education University of Illinois

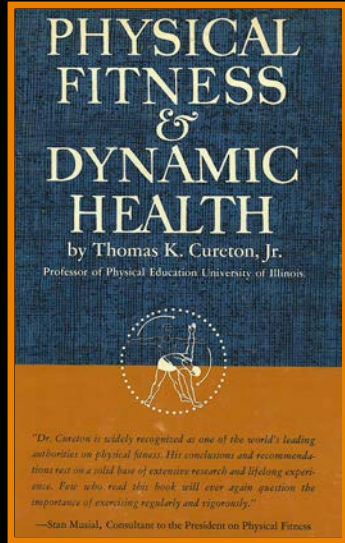


"Dr. Cureton is widely recognized as one of the world's leading authorities on physical fitness. His conclusions and recommendations rest on a solid base of extensive research and lifelong experience. Few who read this book will ever again question the importance of exercising regularly and vigorously."

—Stan Musial, Consultant to the President on Physical Fitness

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“CURETON ENDURANCE HOPS”



- Corrective Emphasis (Pronation)
- Toe, Foot, & Ankle Strength
 - *Side Straddle Hops x 200*
 - *Scissor Hops x 200*
 - *Right Foot Hop x 50*
 - *Left Foot Hop x 50*
 - *Squat Jumps @ High Volume*



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“A dancer’s feet are highly educated, *but every foot has that potential.*

Young feet are often painless, *but every foot has that potential.*

An athlete’s feet are strong and can endure, *but every foot has that potential.”*

-Bonnie Prudden

“After Fifty Fitness Guide” (2011)



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*Bonnie Prudden TV Show Archive Clip (1967)

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