

# *Live your Barefoot Lifestyle*



**barefoot**  
PHYSIOTHERAPY   
*physio with a difference*

1300 842 850  
[www.barefootphysiotherapy.com.au](http://www.barefootphysiotherapy.com.au)





The Barefoot Lifestyle is about living your life the way you want and having your body feel like it's on holidays all the time.

**Here's how we live our Barefoot Lifestyle and how we'd love you to be able to live if you choose to.**

*Be active every day in a way you enjoy.*

*Care for your MIND and BODY now so you can stay active (physically and mentally) into the future.*

*Surround yourself with friends and family who are important to you.*

*Have a passion for your vocation (be that a career or hobby) and "lean in to it".*

*Take action to make the world a better place for now and the future.*

Read on for our guide to living the Barefoot Lifestyle...

*Be active every day in a way you enjoy.*

At Barefoot we don't just say "be active every day" we say "be active every day... in a way you enjoy". Make it fun, make it enjoyable, and make it something that you love. Be present, feel alive.

***"Whatever it is, make it fun and do it every day."***

Everyone is different, just as every body is different. The things you enjoy may be totally different to the activities

someone else loves. For you, it may be organised sport, playing with the kids, dancing to the radio, gardening, walking the dogs or something completely different. Whatever it is, make it fun and do it every day.

The benefits of physical activity for your body and mind are well researched and there is plenty of evidence to say it's good for you. We all know it, right? So choose your activity and do it every day, with a smile on your face. Your body and mind will thank you for it.



How will I be active every day in a way I enjoy?

*I enjoy...*

Example: *Going for a walk with the dogs.*

One:

Two:

Three:

Four:

Five:

*I will...*

*Walk the dogs up in the bush twice a week and around the block all the other days of the week.*

*Care for your MIND and BODY now so you can stay active (physically and mentally) into the future.*

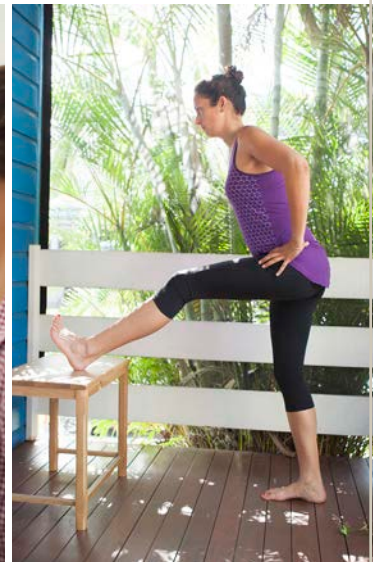
This is about doing today, what you need for tomorrow. It's about being honest, being present, being authentic and knowing that you are worth it.

***"We use the Ridgway Method to keep your body in optimal shape."***

Practicing meditation, taking time out for you, eating healthy, being healthy, living healthy, maintaining balance, having control over your attitude and listening to your intuition; these are all ways you can honour your body and mind now so you can stay active into your future.

By really understanding how your body and mind work and how to look after it, you invest in a healthy, whole and fulfilled life.

At Barefoot we use the Ridgway Method of Physiotherapy to keep your body in optimal shape. We find the root of the problem, treat it, help you to self-manage it and maintain a happy and healthy body through physiotherapy tune ups.



How will I care for my mind and body now?

*I enjoy...*

Example: *Meditation, it clears my mind.*

One:

Two:

Three:

Four:

Five:

*I will...*

*Practice meditation for at least 15min every day for a month.*



*Surround yourself with friends and family who are important to you.*

Love yourself, be observant, live with enthusiasm, make an effort and genuinely value close relationships. Surrounding yourself with the people who enrich your life is an important part of living your Barefoot Lifestyle.

***At Barefoot we believe that family and friends can be one-and-the-same.***

Make time for the important people and don't waste your precious time or energy on energy-zappers (we all have them).

Take the time to notice the beautiful people in your life and show them that you see them. And be willing to accept the same in return. Feel worthy of the love you receive from your family and friends. And know that you are worthy.

At Barefoot we believe that family and friends can be one-and-the-same. A family can be made up of family members and also the friends you choose.

*Sal comes from a small family... but now has a large one made up of important people who she cares about.*



How will I surround myself with friends and family?

*I enjoy...*

Example: *Hosting BBQs on the deck*

One:

Two:

Three:

Four:

Five:

*I will...*

*Invite my friends and family around for relaxing chatting and lunch on the deck at least once a month.*

*Have a passion for your vocation (be that a career or hobby) and "lean in to it".*

There is nothing more amazing than a brilliant and energised mind.

Know why you do what you do, understand what energises you, have goals, have direction, have focus, have drive and dare greatly!

Take the time to learn about yourself and what energises you, then do what you can to match that with your career or hobby. It could be a rewarding and challenging career or simply a hobby that you love.

Take Sal's friend Henry (aka Dostylz) for example. He has an enjoyable IT job by day and has also set up a company for his real (or maybe reel) passion – fishing. His company imports, test drives and distributes Nordic Stage fishing rods (designed in Europe) across Australia. Dostylz loves

fishing at the beach near Sal's beach house at Toogoom, but his most memorable hauls have been the big GTs (Giant Trevally) in far north Queensland. And he is chasing that currently elusive one metre plus Kingfish (land based off South East Queensland). We'll let you know when he catches it!

***Take the time to learn about yourself and what energises you, then do what you can to match that with your career or hobby.***

Check in with where you are at. Where were you a year ago, and where are you now? Are you doing things that you are passionate about? Are you living in your flame? What action can you take to fuel your passion today?



## How will I lean into my vocation?

*I enjoy...*

*Example: Having contact with others that are also passionate about their career.*

*One:*

*Two:*

*Three:*

*Four:*

*Five:*

*I will...*

*Organise a monthly 'get together' of colleagues from different workplaces to stimulate discussion and fresh ideas.*

*Take action to make the world a better place for now and the future.*

"Be the change you want to see in the world" – nothing says it better than this.

Be aware of what's going on around you, volunteer your time, think globally... act locally, have hard conversations, be authentic, be direct, be honest, be present and be accountable.

***Work out what you would like your legacy to be. Believe you can make a change and act on it.***

Taking action to make the world a better place for now and the future may mean travelling to understand other

cultures, learning about others and how they live, saying hello to your neighbour, helping clean up the local creek, coaching a sporting team, speaking out about domestic violence or being an advocate for understanding Mental Health. Whatever it means for you, go for it.

Work out what you would like your legacy to be. How would you like to be remembered by your friends and family? Believe you can make a change and act on it.

Barefoot's mission is to change the world by helping as many people as possible do what they want with their bodies and live THEIR barefoot lifestyle.



How will I take action to make the world a better place?

*I enjoy...*

Example: *Organising events.*

One:

Two:

Three:

Four:

Five:

*I will...*

*Organise a group of friends to participate in the 'walk in the park' and raise money for Parkinsons Queensland.*





## Contact

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