



## BODY AWARENESS

### FIT FLOP PHYSIO

#### ENTERTAINING SHOES

You spend many hours planning for the holidays, and most of it is focused around the food to feed the family and guests. Will you be making turkey, meatballs, brisket, roast beef or lamb? How many people are coming, what are the quantities of food needed? There is organization involved, many trips to the supermarket and endless lifting and carrying of groceries. Many people get overwhelmed and tired.



When the day of the meal arrives, you get dressed in your special clothes and probably

put fancy shoes on your feet.

Do you want to pamper yourself for all the work you have done and still look great?

The shoe to wear for optimum comfort and holiday style is the [Fit Flop](#). These shoes were created by two well known experts in Biomechanics and Exercise Science. They are composed of different sections of varying foam densities, designed to alleviate stress on the foot and the entire body while activating important muscles which support your leg. They come in many attractive styles to suit your taste and have a raised wedge to add a little height, which is always flattering.

Be a happy host / hostess, pamper your feet so you can enjoy your guests and your holiday creations.

Best Wishes!



PHYSIOSHELLEYALPER

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#### BE A HAPPY HOST



WEAR FIT FLOP SHOES.  
PAMPER YOUR FEET SO YOU  
CAN ENJOY YOUR GUESTS  
AND YOUR HOLIDAY  
CREATIONS.

If you have sore feet, see a  
[physiotherapist who will assess  
your problem and help eliminate  
the pain.](#)

For worthy entertaining recipes check out  
[\\_jitterycook.com](#)