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NEWS RELEASE

FOR IMMEDIATE RELEASE

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### **Healthy and Happy Feet are Only One Step Away**

*From Those Who Walk a Mile to Those Who Run Marathons, Everyone Will Discover Strategies to Reduce Foot Pain and Enjoy Better Health at This Free Upcoming Foot Care Clinic*

**WICHITA, KS (April 23, 2010)** – On Wednesday, April 28, 2010, Pilates and Foot-Fitness Expert Aliesa George will give a free foot care clinic from 7:15 p.m. to 8:15 p.m. at the Sedgwick County Extension Center in Wichita, KS. It is for people of all ages and fitness levels and participants will discover simple tips and learn more about how specific foot-care exercises can help alleviate foot pain and reduce risk of injury.

“My goal during this free foot care clinic is to help people realize that foot pain is not okay, EVER! There are lots of simple and easy foot fitness strategies and exercises that people can do to focus on better body mechanics, helping to reduce pain risk of injury, plus improve overall health, fitness, and sports performance. We think because we’re on our feet for a walk or run that they are getting the appropriate amount of exercise. But developing simple strategies and learning effective foot care exercises is critical to enjoying life pain free with healthy feet,” says Aliesa George, the sponsor and presenter of this free foot care clinic. “Good health starts from the ground up! It is essential to create an exercise program specifically to improve foot fitness and the subtle muscle imbalances that start at our feet and affect our posture and health,” says George. “It doesn’t take much – but awareness of what you might be doing that’s not so great, and learning how to do things better that can make a quick and dramatic difference for better health.”

This is a free clinic, but a \$5 to \$10 donation to help children with special needs at Heartspring will be gratefully accepted. The Sedgwick County Extension Center is located at 7001 W. 21<sup>st</sup> N. in Wichita, KS. Registration information and more event details are available at <http://www.centerworks.com/footcare>.

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**About Aliesa George**

Pilates and foot fitness expert Aliesa George, founder of *Centerworks® - Pilates and Wellness for Life!*, shares the message that good health is vital for success, health, and happiness. She is a high-energy, engaging and dynamic presenter and wellness professional who has been sharing her passion and expertise for more than 25 years. Aliesa has authored many Pilates workout and wellness resources including *Fantastic Feet! Exercises to Strengthen the Ankles, Arches, and Toes*, and has been featured in numerous publications including *Pilates Style Magazine*.

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