

WE ALL KNOW THAT BOTH **PHYSICAL**
& **MENTAL FATIGUE** CAN ARISE FROM A
MULTITUDE OF FACTORS.
ILL-FITTING & UNCOMFORTABLE
FOOTWEAR CAN BE ONE OF
THOSE CAUSATIVE FACTORS.

**ILL FITTING
FOOTWEAR**



FATIGUE



**MUSCLE
OVERUSE**



**LOSS OF
CONCENTRATION**



**INCREASED CHANCE
OF INJURY**