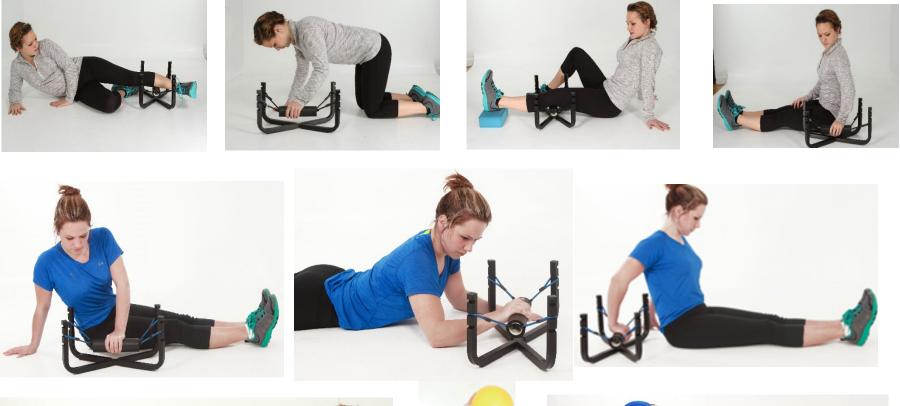
## FootFidget<sup>®</sup> Portable Exercise Examples





\* Always consult your health care provider before starting any new exercise or activity.