



Press information

Ganter Aktiv relaxation for the body and mind with the right shoes

The foot – like our entire body – is a work of wonder. A perfect construction. A kinematic regulatory circuit, which under natural conditions is able to optimise itself.

Unfortunately fashion and beauty ideals tempt us to wear constricting shoes that force malposition. The body adapts with drooping shoulders and tensions in the back muscles. The false strain leads through slack ligaments and capsules to a loosening of the joints. Sooner or later the locomotor system, especially the spinal column and feet, are damaged. The entire feeling of wellbeing is diminished.

Fortunately, our body even in adult age is still able to heal itself. If our feet are given shoes that simulate walking and standing on soft, natural ground, they are able to play a key role for our health and wellbeing.

This awareness brought Ganter to construct a shoe in 1922 that is attuned to the anatomy and biomechanics of our foot.

At first scoffed at, this “feel-good shoe” developed to become a gigantic success.

Ganter has constantly followed this mission to this day, and has constantly improved the comfort shoe.

The new Ganter Aktiv is the provisional result of this evolutionary process.

Comprehensive tests at the Institute for Applied Biomechanics in Tübingen confirm the excellent biomechanical characteristics of the development.

Those wearing this shoe enjoy a stimulating and simultaneously relaxing walking feeling. The foot walks as if on a sandy beach or a forest floor, and prevents common civilisation damages.

The core of the registered patent sole is a stabiliser, packed in a rocker sole and an inner shock-absorption-inlay.

This construction allows the positive effects of walking barefoot to have effect on the body, and nevertheless stabilises the foot so that the shoe is suitable for wearing throughout the day.

Ganter Aktiv thus supports and strengthens the natural self-regulatory capacity of our body. Walking in Ganter Aktiv must not be trained or learned. Ganter Aktiv gently leads back to natural walking.

Through the adaptation of our body to Ganter Aktiv, the natural balance of the complex human system is re-established.

Muscles are strengthened. Circulation and metabolism are stimulated. The stomach, legs and posterior are tightened. Cellulite and varicose veins are prevented. Bodily posture is improved. In this way tensions are eliminated and the body and mind can relax. Back pains can disappear.

The positive regeneration of the energy balance also strengthens the immune system.

The continuous use of Ganter Aktiv leads to an increase in fitness.



The shoe for all occasions

Walking erect is a complicated but highly efficient method of locomotion. Thus humans may be inferior to most animals in the competition related to speed, but in respect of their endurance capacity they beat almost all-comers. No horse, no antelope can compete with humans, which makes them ideal hunters. Even in Greece of the Antiquity runners were preferred for use in place of riders to carry messages because they had more endurance and were more reliable.

Walking erect demands a highly developed internal physical coordination process. Our body must constantly coordinate the position and movement of the feet with the movements of the entire body.

One can easily imagine that a foot that is "immobilised" can only participate to a limited degree in the regulatory process.

Ganter Aktiv leads the foot back to its original function.

The impact effect is reduced when the foot is put down. The joints are relieved, the body stabilises and relaxes.

After the foot has been put down, the stabiliser transfers the body's weight to the longitudinal arch of the foot.

In the longitudinal arch of the foot are seated the important reflex zones of the solar plexus, stomach and the large intestine. Every step leads here to a better provision of energy and fosters blood circulation.

The stabiliser and the design of the sole stabilises the shoe in the longitudinal axis. Excess wrenching and sinking of the foot is hindered. Experts speak of the hindrance of excess pronation, respectively, a medial collapse. Thus the shoe is suitable not only as a training shoe, but also as a shoe for recreation and wearing throughout the day.

When standing the stabiliser supports the longitudinal arch. It is unable to collapse.

The capacity for the controlled rolling of the sole has a training effect on the muscles as far as the trunk.

Sagging of the foot and foot pains are hindered.

The forefoot is eased when rocking. At the same time the toes have sufficient space for their gripping movement and press up the sole precisely supported by the Ganter 4-point-rolling-system. The foot is unburdened in all phases of the sequence of impact from the heel via the outer- to the inner balls.

The gait becomes more natural and free of shock. Cramps can be released. The physical static is automatically anatomically correctly aligned. The spinal column and the back again form a harmonic, functional unit with the knee and foot.

Ganter Aktiv activates the vein pump of the legs and thus accelerates the return flow of the blood. It is therefore suitable for use with varicose veins, heavy legs and swelling of the lower leg.

Unadulterated and natural walking in Ganter Aktiv brings the body and mind into balance. It supports and strengthens the natural self-regulatory capacity and ensures a well-proportioned body.