



SIEUN JANG (SARA) 

# B(E)AR(E)- FOOT REFLEXOLOGY TRACK

 COMMUNITY HEALTH PROJECT PROPOSAL



# NATURE . . .

“Nature itself is the best physician.” – Hippocrates





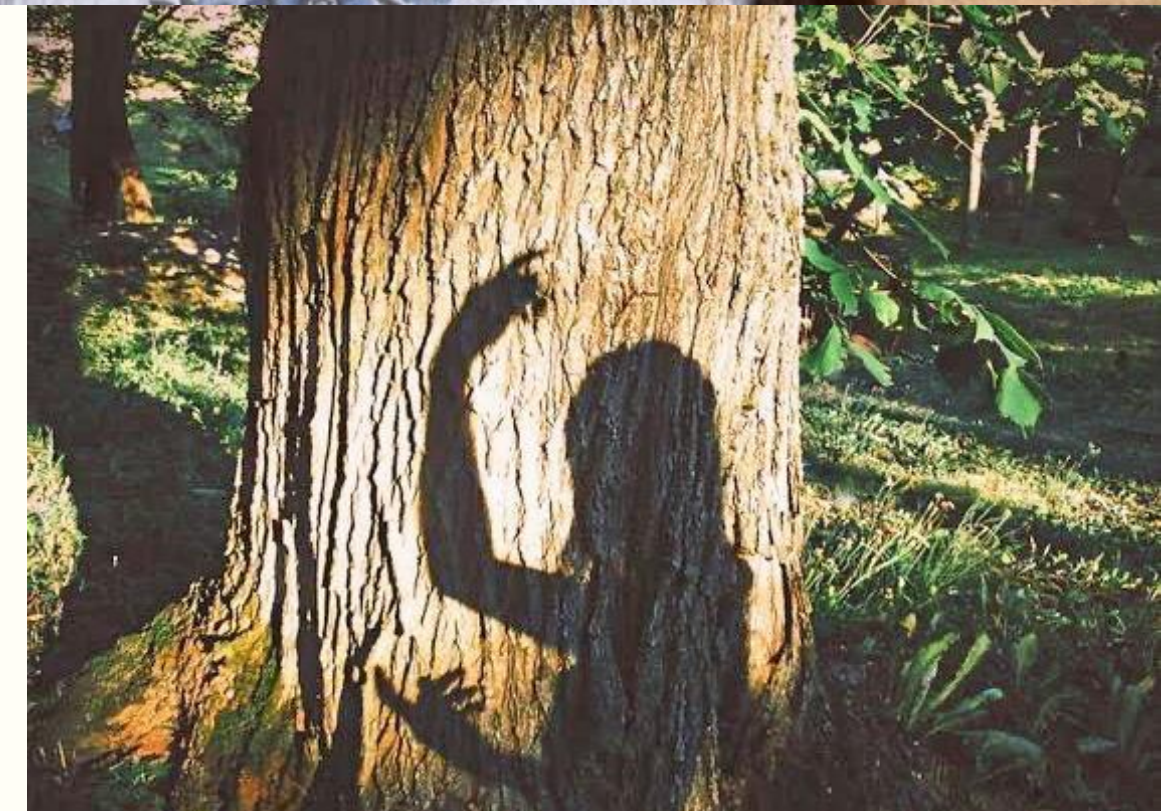


**“Nature itself is the best physician.” –  
Hippocrates**

# About Me

## **Sieun Jang (Sara)**

- Junior at Fairview High School
- Founder of B(e)ar(e)-Foot Walking Project
- A member of Boulder Healthy Futures Youth Coalition
- 2025 – 2026 Safe2Tell CO Student Ambassador
- Passionate about medicine, community wellness, and global health equity

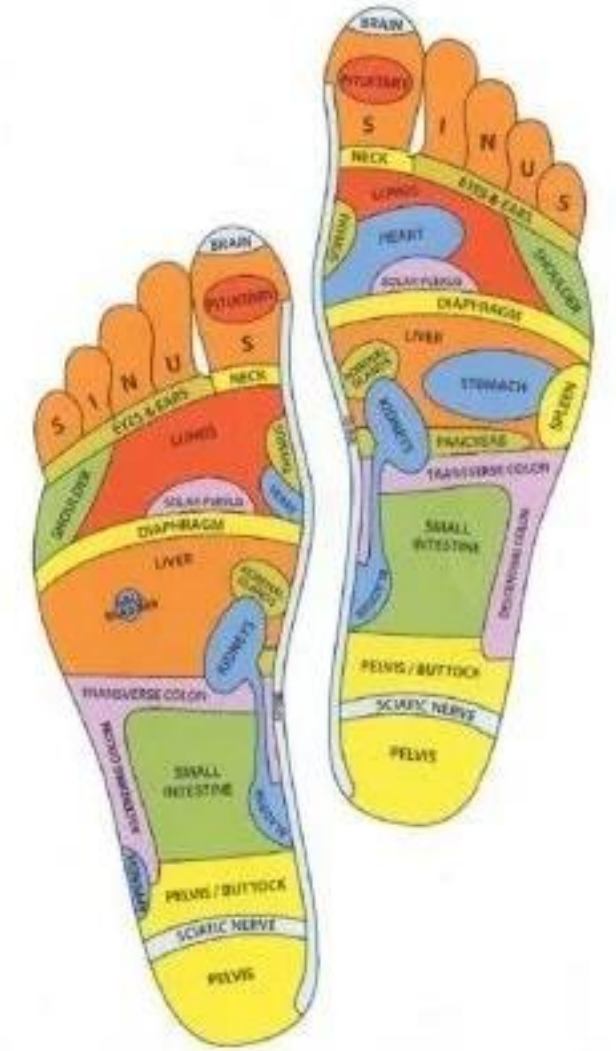






# What is Barefoot Walking?

- Walking barefoot on natural surfaces
- Direct contact with the Earth
  - (“Grounding” or “Earthing”)
- Supports physical & mental health



## Why B(e)ar(e) Foot?

The name combines “Barefoot” and “Bear.”  
“Barefoot”: the activity itself.  
“Bear”: honors Boulder’s wild spirit and natural beauty.







# Project Goals



**IMPROVE CIRCULATION**



**DRUG-FREE THERAPY**



**PAIN RELIEF**



**FLEXIBILITY AND RECOVERY**



**RELAXATION AND STRESS  
RELIEF**



**PREVENTIVE HEALTH**





# Location & Design



LOCATION:

Harlow Platts Community Park

[1360 Gillaspie Dr, Boulder, CO  
80305](https://www.google.com/maps/place/1360+Gillaspie+Dr,+Boulder,+CO+80305/@40.015,105.275,15z)

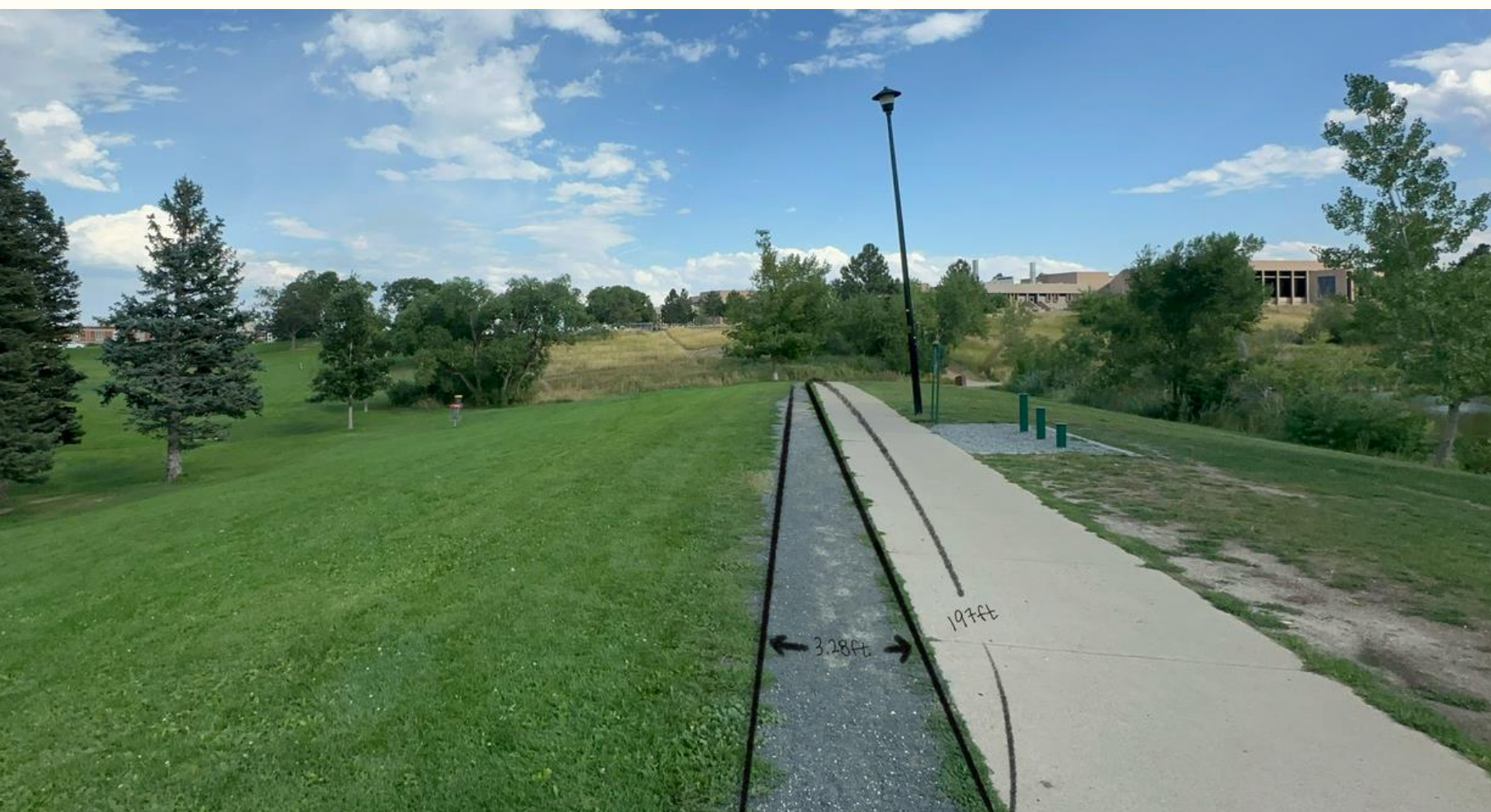


SCOPE:

197 ft long x 3 ft wide

Design:

Bear-paw patterned  
Reflexology Track







# Materials & Budget

GRAND MESA GRAY  
RIVER ROCK 1 1/2"



CLASS 6 RECYCLED  
CONCRETE ROAD BASE



Beach Peb



## Materials Include:

- 4.6 yards of concrete for Edging which will be 4"Wx119'Lx5'H
- 5 Tons Grand Mesa Gray River Rock 1 1/2"
- 1 1/2 pallets of Caribbean Beach Pebble 1-3"
- 180 bags of Cement used as a binder for the stones (80lbs/bag)
- 5 Tons of Road Base (used as a foundational layer to provide a
- stable and durable base. Prevents cracking.)



## BUDGET:

\$15,000 - \$18,000





# Prototype



Bear Paw  
Reflexology  
Design

The design would include  
bear-paw motifs, making it a  
symbolic, artistic, and health-  
promoting feature of the park.







# Community & Experts' Feedbacks

- Spoke with over 80 people—students, teachers, neighbors, and park visitors.
- Set up a small presentation booth
- Collected + 50 supportive signatures from people
- Contacted 12 reflexologists in Boulder – for videos supporting foot reflexology







# Community & Experts' Feedbacks

PETITION

## B(E)AR(E)-FOOT WALKING TRACK

The purpose of this petition is to request approval from the City of Boulder to install a community barefoot walking track around Viele Lake. This project promotes public health, relaxation, and community connection through accessible outdoor wellness infrastructure.

#	Name	Signature	Phone Number	Date
1	Katherine Stirling	Kate Stirling	720 833 1902	9/12/25
2	Mansa Melli'o	Mansa Melli'o	720-352-9757	9/12/25
3	Jonathan York	Jonathan York	Jonathan York @bvsd.org	9/12/25
4	Scott Peoples	Scott Peoples	303 415-1585	9/12/25
5	Steve Wozniak	Steve Wozniak	720 696-4469	9/12/25
6	Tracy Clement	Tracy Clement	720 5613119	9/12/25
7	Peter Szemotat	Peter Szemotat	303 807-9765	9/12/25
8	Emmanuel Igasore	Emmanuel Igasore	emmanuel.igasore@gmail.com	9/12/25
9	Dylan Neal	Dylan Neal	dylan.neal@bvsd.org	9/12/25
10	Rosie Penning	Rosie Penning	rosie.penning@bvsd.org	9/12/25
11	Ada Ghanadan	Ada Ghanadan	adaghanadan11@gmail.com	9/12/25
12	David Ingalls	David Ingalls	shearingalls1008@gmail.com	9/12/25
13	I. Chopin	I. Chopin	scarlet.chopin@bvsd.org	9/12/25
14	Lisa Balagat	Lisa Balagat	lisa.balagat@bvsd.org	9/12/25
15	Carol Diebel	Carol Diebel	carol.diebel@bvsd.org	9/12/25

PETITION

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#	Name	Signature	Phone Number	Date
1	Baekho Son	Baekho Son	303-817-2853	9/14/25
2	Nancy A Smith	Nancy A Smith	303-859-9082	9/14/25
3	Ji-Sun Jeon	Ji-Sun Jeon	303-881-0445	9/14/25
4	Bryan Hansen	Bryan Hansen	760-6152765	9/14/25
5	Holli Kellogg	Holli Kellogg	303-818-1513	9/14/25
6	BREAN 314032	BREAN 314032	303-7462620	9/14/25
7	SCOTT BARNES	SCOTT BARNES	303-584-1631	9/14/25
8	Alliya Imamipilova	Alliya Imamipilova	651 405 7095	9/14/25
9	Niko Strifhas	Niko Strifhas	303-437-1111	9/14/25
10	Zoe Zhu	Zoe Zhu	720-244-8660	9/14/25
11	Denise Walker	Denise Walker	720-771-2219	9/14/25
12	Silun Jung	Silun Jung	203-513-0439	9/14/25
13	Fiona Pigott	Fiona Pigott	480 452 5609	9/14/25
14	Steven Seagraves	Steven Seagraves	719-216 6430	9/14/25
15	Anita Seagraves	Anita Seagraves	720-514-1689	9/14/25

PETITION

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#	Name	Signature	Phone Number	Date
1	Ross Sutter	Ross Sutter	720 921-5350	9/12
2	Adam Chi-Hon	Adam Chi-Hon	859-806-9216	9/12
3	Amanda Bixler	Amanda Bixler	720-133-0470	9/12
4	Abbey Gage	Abbey Gage	708-921-8802	9/12
5	Yasmin Prosser	Yasmin Prosser	720 414 9927	9/12
6	Yuna Lee	Yuna Lee	720-765-5318	9/12
7	Hannah Lee	Hannah Lee	720-355-4861	9/12
8	ELIZABETH LOTT	Elizabeth Lott	602-251-7113	9/12
9	Judy Stephens	Judy Stephens	720-561-3336	9/12
10	Achana Gaikard	Achana Gaikard	720-363-0204	09/12
11	Dylan Muzny	Dylan Muzny	303 579 0506	9/12
12	Dan Albritton	Dan Albritton	720-470-1907	9/12
13	Carla Rortz	Carla Rortz	303-817-0470	9/12
14	Christine Kuster-Breda	Christine Kuster-Breda	563-299-3918	9/12
15	Tim Gesell	Tim Gesell	303-420-4240	9/12
16	Glenn Johnson	Glenn Johnson	714-402-9223	9/12

PETITION

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#	Name	Signature	Phone Number	Date
1	Eileen Starna	Eileen Starna	303-543-1280	9-14-25
2	Robert Woolta	Robert Woolta	303-518-7814	9/14/25
3	PAGE GOGAN	PAGE GOGAN	720 534 5382	9/15/25
4	John Warner	John Warner	303 587-9583	9/14/25
5	Dawn Rees	Dawn Rees	720 841 8021	9/14/25
6	Carol Peterson	Carol Peterson	303-502-7367	9/14/25
7				
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# Reflexologists' Videos



Liraz Bergman-Turner  
Massage Therapy, Energy Healing  
dōTERRA Wellness Advocate





# Reflexologists' Videos

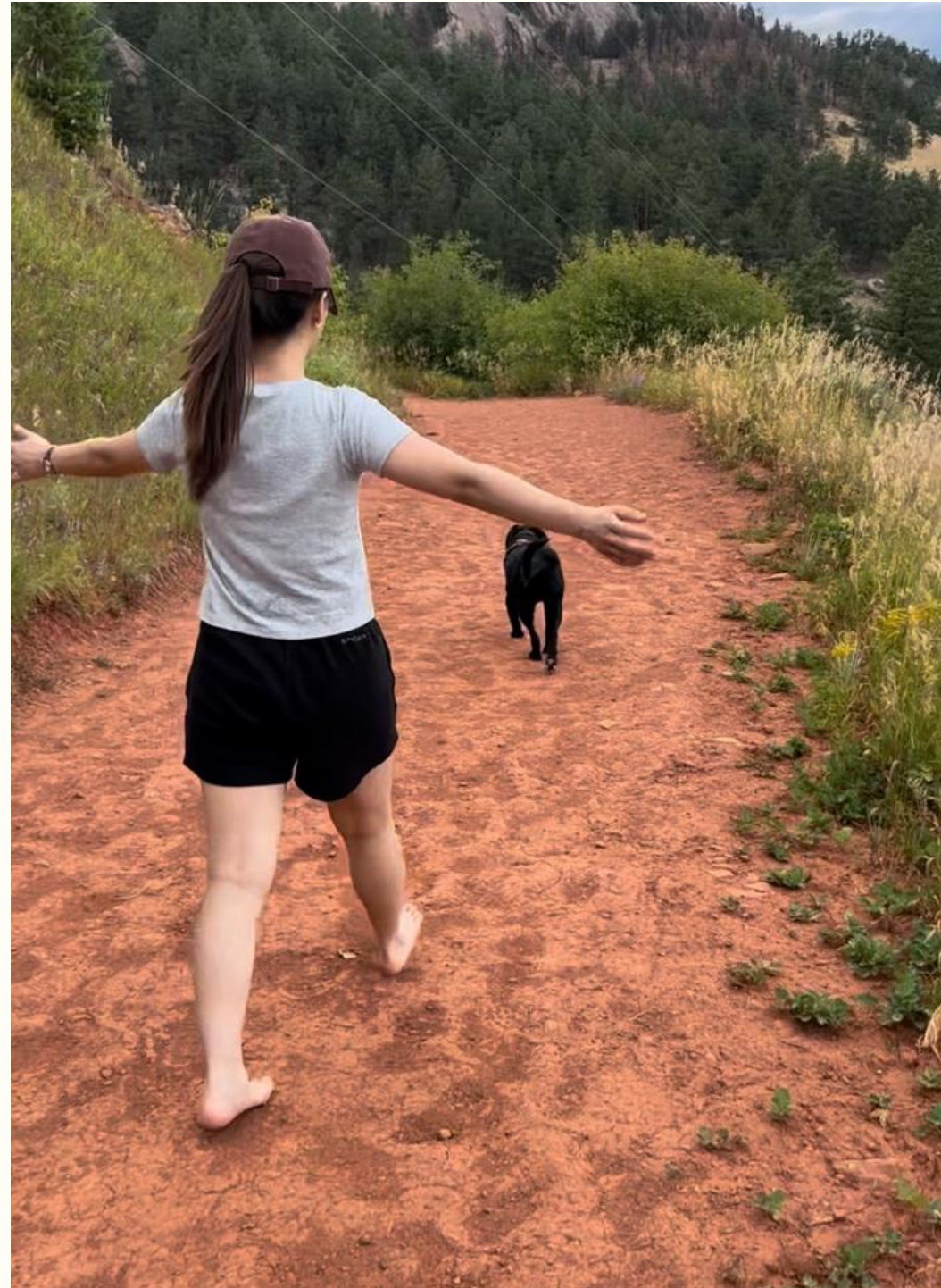
**Preferences:**  
**Kelly / reflexologist**  
**Hart & Soul Wellness**







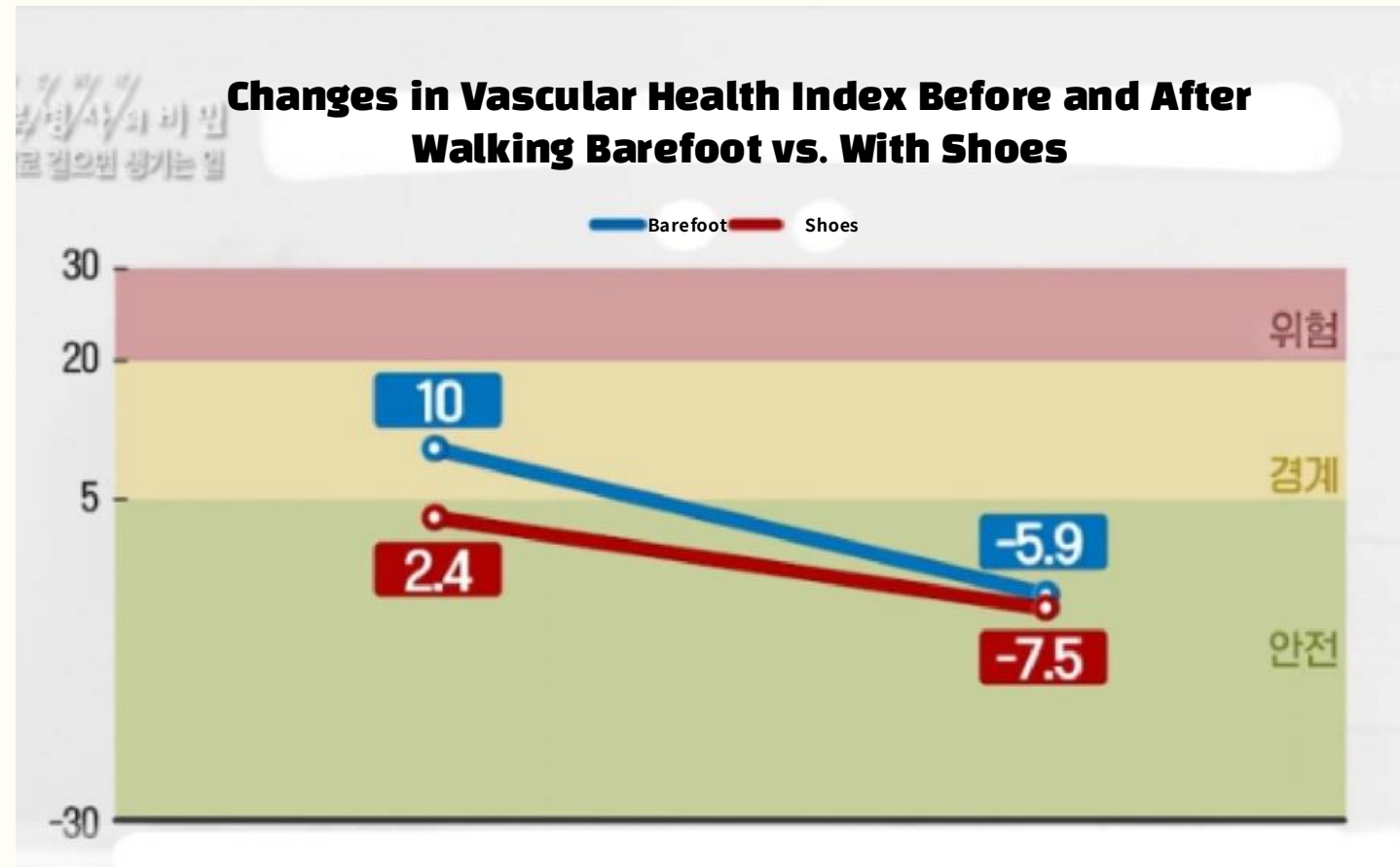
# My Story





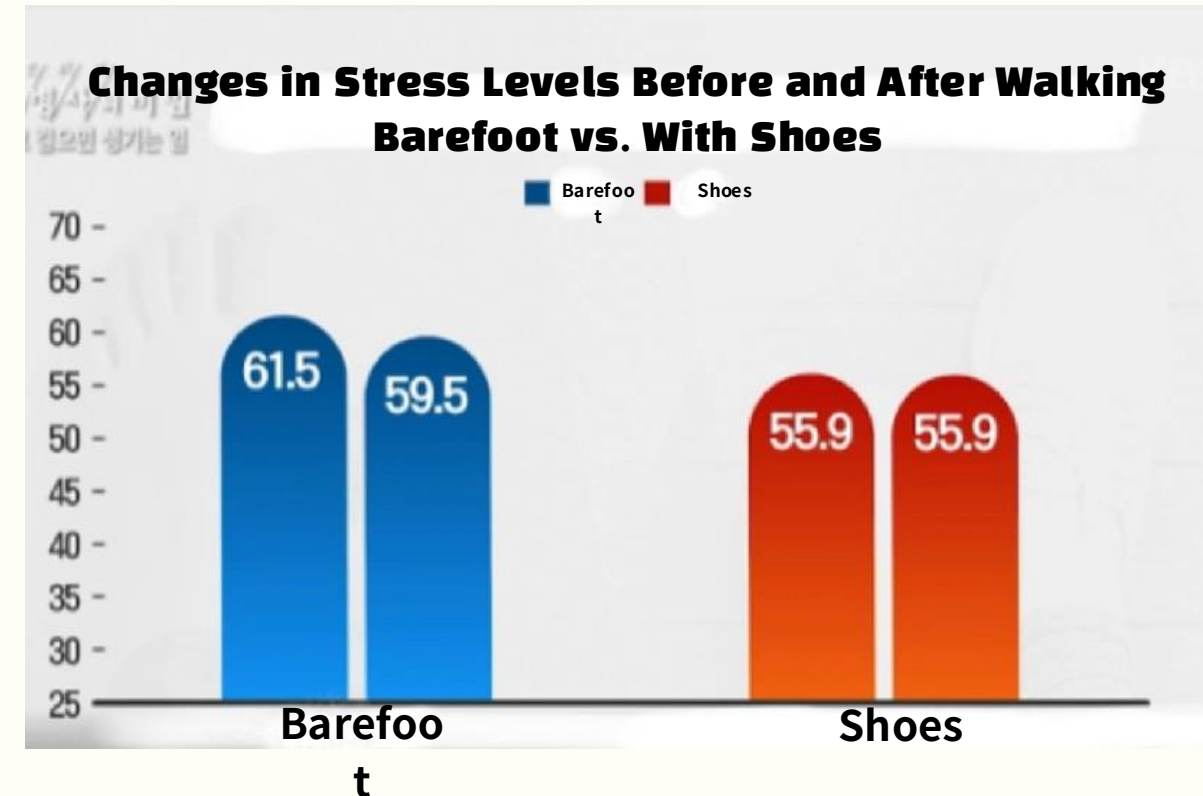


# Statistic & Case Study



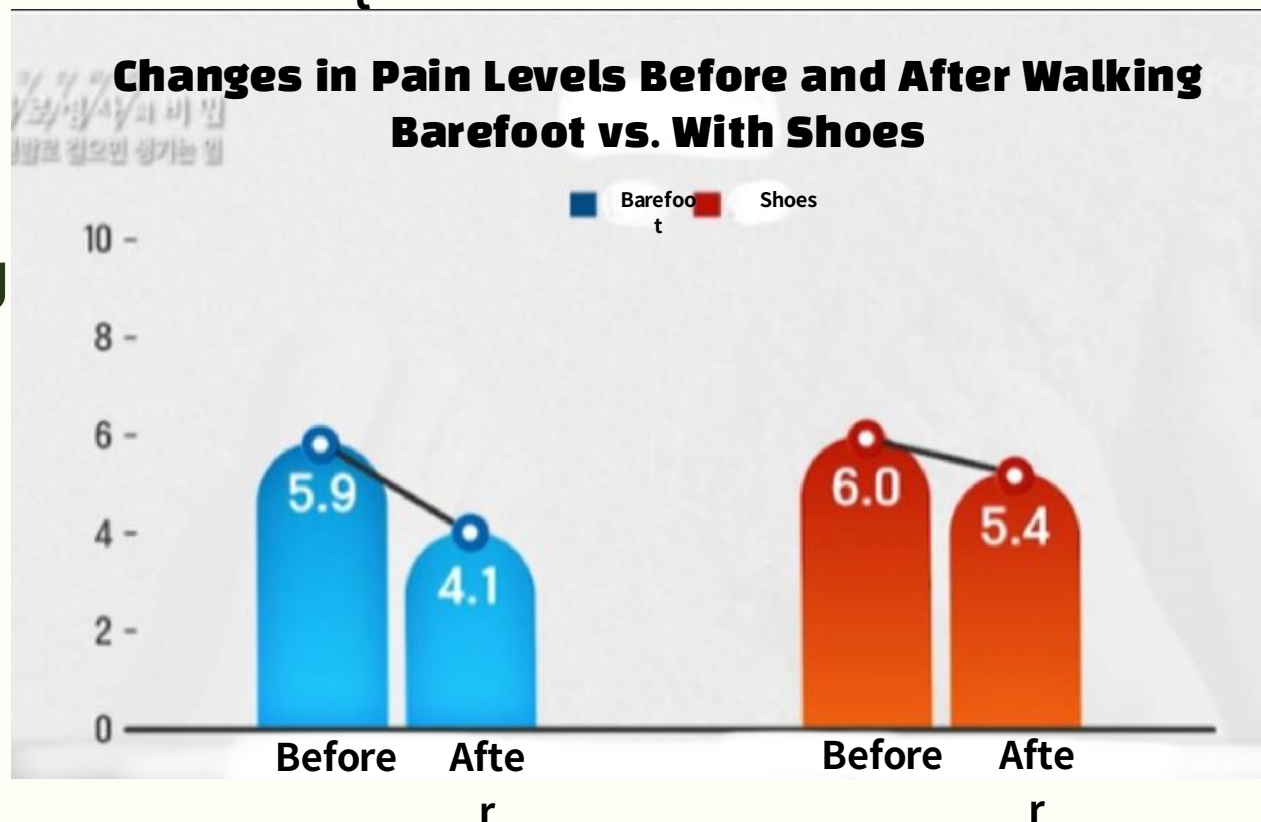
## 1. Vascular Health Index Before vs After Barefoot Walking

- Before walking: greater improvement
- Index: 10 → -5.9 (barefoot- blue)
- Index: 2.4 → -7.5 (shoe- red)



## 2. Stress Index

- Barefoot: 61.5 → 59.5 (decrease)
- Shoes: 55.9 → 55.9 (No change)



## 3. Pain Level

- Barefoot: 5.9 → 4.1 (reduced more)
- Shoes: 6.0 → 5.4





# Statistic & Case Study



A case study published in *Acupuncture and Energy Medicine* examined a **60-year-old male with newly diagnosed Type 2 Diabetes Mellitus**.

His HbA1c was 11% -> over 12 months:

- Foot reflexology sessions twice daily,
- Barefoot walking, and
- Diet therapy

Results

- HbA1c dropped from 11% to 8%.
- Fasting and post-meal blood glucose levels improvement
- BMI decreased, reported more energy, less dizziness, and better overall well-being.

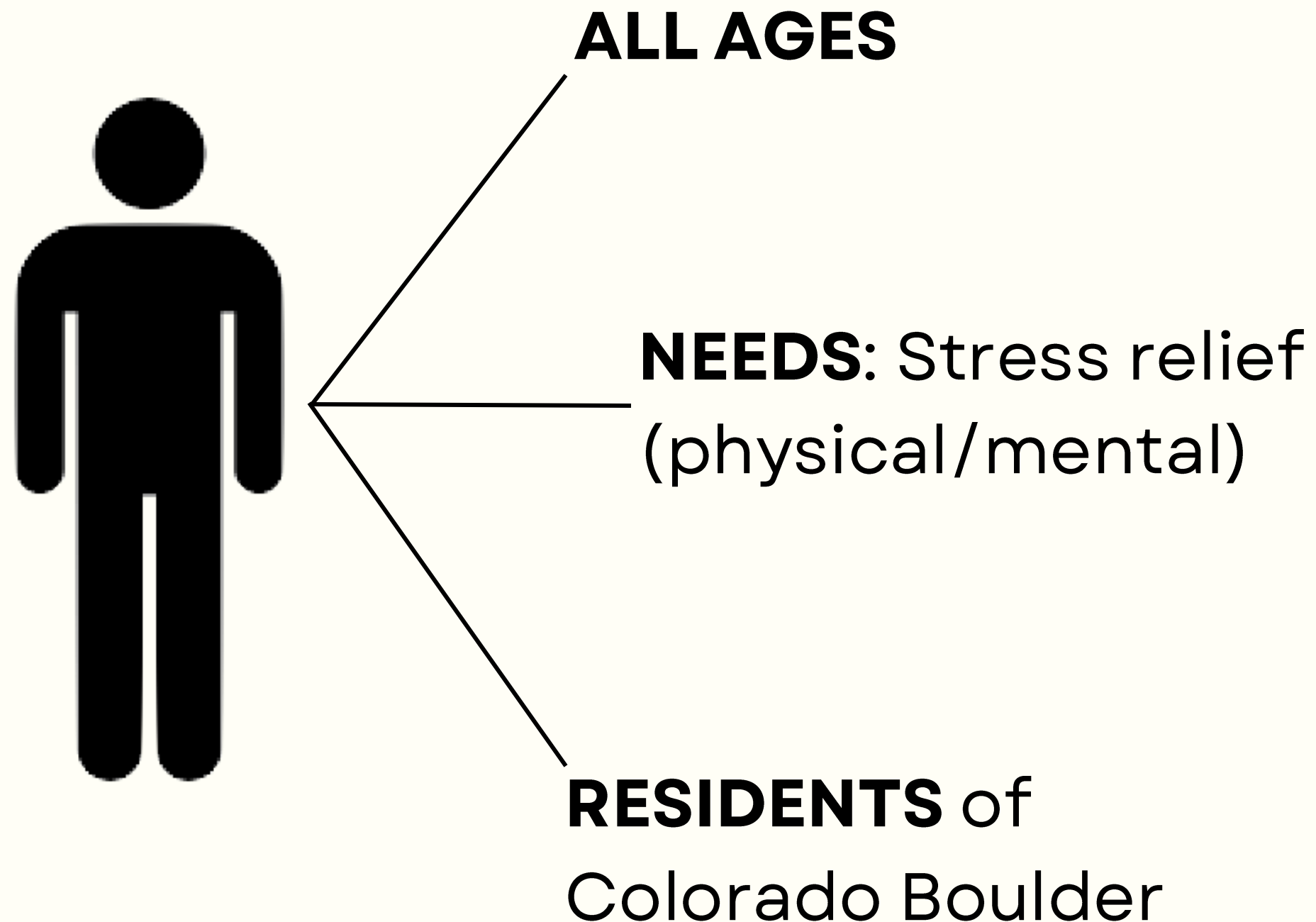
## Possible Outcomes

- Physical health improvement
- Stress and pain reduction
- Low-cost, easily accessible wellness activity





# Target Audience



- ANYBODY who suffers from stress and stress-related illness
- aims to RESOLVE the negative effects of stress through grounding\*





# Design Process



## 1st week

Foundation work/ Site  
Preparation

- leveling ground
- Installing basalt borders

## 2~3 week

Install materials

- Acupressure (pebbles)
- cement
- thick gravel/sand

## Final

Moisturize each floor and step  
on the track for stability &  
testing

1. Selecting the location & leveling the ground.
2. Install basalt borders to mark the track.
3. Pour cement & water to fill in the gaps between stones.
4. Smooth and set before hardening.







# Maintenance & Stewardship

## Sustainability

Student volunteers from Fairview High School

## Cost

Plan to combine City support with private fundraising and donor sponsorships

## Sponsor

Adam Chilton (BVSD Math Department) & Sarah Lily







# Thank You So Much

## Website :

[https://sieunjang2008.wixsite.com  
/bearfoot-track](https://sieunjang2008.wixsite.com/bearfoot-track)

## Phone Number :

+ 203 513 0489

## Social Media :

@ bear\_e\_foot\_walk

## Mail Address :

sieunjang2008@gmail.com

