

FITNESS WALKING TECHNIQUE

General Posture:

Stand straight and tall, but relaxed. You should be able to draw a straight line from your ears down to your shoulders, hips, knees and ankles.

Head:

Look forward with your head straight and your chin parallel to the ground. Avoid looking down. Instead, keep your eyes focused about 20 feet in front of you.

Hands:

Avoid clenching your fists. Hold your hands naturally in a loosely closed position.

Leg Action:

Step forward, placing one leg a natural distance in front of your body and planting your heel with your toes up at a 45-degree angle (off the ground). Your leg should be straight, but your knee shouldn't "lock." Roll your foot forward from heel to toe, shifting your body weight directly over your front foot before taking another step.

Arms:

Engage your arms for a better workout. Bend them at a 90-degree angle and swing them as you walk, with your upper arms close to your sides. Your arm swing helps determine your pace – initiate a faster arm swing to naturally increase your step rate.

Core:

Core engagement is key to maintaining proper posture. Engage your abs as if you were drawing your navel backward toward your spine. Check your low back – if it begins to curve, re-engage your core to bring your pelvis to a neutral position.

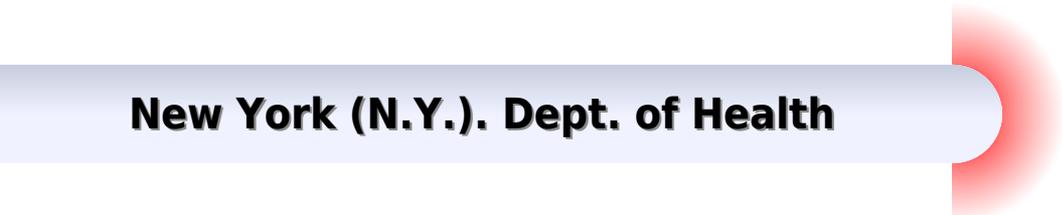


Foot Placement:

Your feet should aim straight ahead and remain roughly hip-distance apart for each step.

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Kiplinger's Personal Finance, 1987-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics *Fitness for Life* Charles B. Corbin, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition *The New York Times Practical Guide to Practically Everything* Amy D. Bernstein, Peter W. Bernstein, 2006-10-17 A collection of information on aspects of daily life and a variety of popular topics such as the home health animals nature sports and entertainment **Walking as an Exercise**, 1985 *Teachers' Manual to Accompany Reader and Guide for New Americans* Alfred Watkins Castle, 1924 **Walking Medicine** Gary Yanker, Kathy Burton, 1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems **The Amateur's Guide** John Goulding, 1879 *The sportsman's, tourist's, and general time-tables and guide to ... Scotland*, ed. by J.W. Lyall J Watson Lyall, 1886 **Walk with Ease**, 1999 A basic easy guide to creating your own walking fitness plan including how to get started and stay motivated **The Medical Critic and Guide** William Josephus Robinson, 1918 **Journal of Scientific Physical Training**, 1922 *Treatment of the Diseases of Children* Charles Gilmore Kerley, 1907 *Human Vitality and Efficiency Under Prolonged Restricted Diet* Francis Gano Benedict, 1919 An exploration of the effect upon metabolism of a reduction in diet *British Medical Journal*, 1930 *Weekly Bulletin* New York (N.Y.). Board of Health, 1914 *Weekly Bulletin* New York (N.Y.). Dept. of Health, 1914 *The Treatment of tabetic ataxia by means of systematic exercise* Heinrich S. Frenkel, 1902 **Advice for Those who Exercise the Ministry of Reconciliation Through Confession and Absolution** Jean Gaume, Edward Bouverie Pusey, 1878 *Medical Guide for Anglo-Indians* R. S. Mair, 1874 **Outlines for Case Taking and Routine Ward and Laboratory Work** George Dock, 1921

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