

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.



Walking Workout Tips Sign In

Charles B. Corbin

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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Journal of Scientific Physical Training ,1922 *The Amateur's Guide* John Goulding,1879 *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 **Walking as an Exercise** ,1985 **British Medical Journal** ,1930 **The Practice of Pediatrics** Charles Gilmore Kerley,1914 **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 **Prevention's Guide to Looking Fit & Fabulous at Forty-plus** Donna Lawson,1987 **Medical Guide for Anglo-Indians** R. S. Mair,1874 **Mayo Clinic Guide to Self-care** Philip T. Hagen,2001 Answers for Everyday health problems **The horsewoman: a practical guide to side-saddle riding, ed. by M.H. Hayes** Alice M. Hayes,1903 *Clinical Evidence* Stuart Barton,2001-12 Clinical Evidence is a six monthly updated compendium of evidence on the effects of common clinical interventions It is published twice a year in print and online formats and draws together user friendly summaries of the best available evidence on prevention and treatment Features include choice of topics and questions guided by clinicians and patients summaries written by practising clinicians easy to follow numerical information guidance on applying evidence in practice and coverage of medical surgical nursing and complementary interventions

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