

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

David Clark Taylor

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

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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 Amateur's Guide* John Goulding,1879 *Athletic Training* Samuel Ernest Bilik,1917 *Sandy Berger's Great Age Guide to Online Health and Wellness* Sandy Berger,2006 Que s Great Age Guides celebrate the vital role and lifestyle of today s young active 50 adults Most well known middle aged people of sixty five or seventy would have you believe that Great Age is so wonderful that all the years leading up to it are a waste of time People in this great age are transforming retirement s traditional laid back golden years in pure platinum Great Ager s break retirement tradition by working well past typical retirement age not only by need but also by the desire to remain productive members of society The Great Age Guide to Online Health and Wellness is written specifically for those adults 50 living with and using their computers and the Internet to help take better care of themselves You ll get information on such things as living wills the pros and cons to buying drugs outside the country nutrition supplements and vitamins drug interactions evaluating medical Web sites finding support groups and more *Your Guide to Getting Fit* Ivan Kusinitz,Morton Fine,1995 This is a practical guide to understanding fitness and developing a successful personal fitness program It provides basic physiological information and outlines the fitness process allowing the instructor to serve as advisor while the student creates his or her own tness program *Treatment of the Diseases of Children* Charles Gilmore Kerley,1907 **Self-help for Singers** David Clark Taylor,1914 **Personal hygiene and physical training for women** Anna Mary Galbraith,1911 **Licensing Rules** Ohio. Department of Human Services,1991 **Journal of the American Podiatry Association** ,1919 **Clinical Studies** ,1905 *Subject Guide to Books in Print* ,1991 *Mayo Clinic Guide to Self-care* Philip T. Hagen,2001 Answers for Everyday health problems *Understanding and Educating the Deaf-blind, Severely and Profoundly Handicapped* Sara Walsh-Burton,Robert Holzberg,1981 *Fur News and Outdoor World* ,1928 *Children, the Magazine for Parents* ,1927 *Parents' Magazine & Better Homemaking* ,1927 America s 1 family magazine **The Medical Critic and Guide** William Josephus Robinson,1918 **Bacon's Media Calendar Directory** ,1996

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