

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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Timothy J. O'Leary, Linda I. O'Leary

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

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 - The Rise of Digital Reading Walking Workout Tips Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Tips Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout Tips Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Tips Download
 - Personalized Recommendations

- Walking Workout Tips Download User Reviews and Ratings
- Walking Workout Tips Download and Bestseller Lists
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 - Highlighting and Note-Taking Walking Workout Tips Download
 - Interactive Elements Walking Workout Tips Download
- 8. Staying Engaged with Walking Workout Tips Download
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Tips Download
- 9. Balancing eBooks and Physical Books Walking Workout Tips Download
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Tips Download
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Tips Download
 - Setting Reading Goals Walking Workout Tips Download
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Tips Download
 - Fact-Checking eBook Content of Walking Workout Tips Download

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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