

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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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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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 **Walking the Weight Off For Dummies** Erin Palinski-Wade, 2015-04-15 Get up get moving and walk away the pounds If you're looking to lose weight and get fit *Walking the Weight Off For Dummies* will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you've always wanted to incorporate walking into your routine to boost your health and effectively lose weight *Walking the Weight Off For Dummies* will show you how *Exercise and You - The Complete Guide* Madeleine Smethurst, 2014-01-23 Exercising regularly helps us to maintain both good physical and psychological health as well as reducing our risk of developing chronic illnesses in the future It can also be a great social outlet and a good way to meet new people *Exercise and You The Complete Guide* is your straightforward and friendly guide to everything you need to know about exercise It is packed full of reliable information facts and sensible advice from both the NHS and the Health e Buddy team Covering a wide variety of topics that range from exercise benefits and types of exercise to basic nutrition and planning your routine this eBook is great for both newcomers to exercise and as a reference source for more seasoned athletes Go for it *Walking as an Exercise*, 1985 **Bacon's Media Calendar Directory**, 1996 *The natural method of healing* Friedrich Eduard Bilz, 1898 *Medical Guide for Anglo-Indians* R. S. Mair, 1874 *Good Health*, 1896 **Subject Guide to Books in Print**, 1991 *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 fitness

program **Skiing with Control** Rick Shambroom, Betty Slater, 1965 *Medical Botany, Or, Herbal Guide to Health* William Joseph Simmonite, 1870 The Lady's Guide to Complete Etiquette Emily Thornwell, 1888 The Mom-to-Mom Guide to the Baby Years Stephanie Gallagher, 2002-09

Joining the mommy world is a little like going to war. It's foreign and scary, physically demanding and unpredictable, and the only people who understand what it's really like are the ones who've been through it before. Indeed, who better than to guide you through everything from morning sickness remedies your doctor doesn't know about to finding the safest, sturdiest car seat on the market? In *The Mom to Mom Guide to the Baby Years*, you'll discover the ten most important things to bring to the hospital when you're ready to deliver. Three foolproof tricks for limiting visitors and their annoying advice in those first few weeks. The easiest, most effortless way to lose the pregnancy weight plus three other weight loss strategies that really work. The only convertible car seat we recommend and why. Our top ten list of must-have baby products and four to avoid at all costs. The three nursing accessories we can't live without. The two best web sites for baby products. The single best way to get stains out of baby clothes and everything else. Fifteen quick and easy recipes for time-crunched moms. Six great ideas for making kids feel special. Time-tested tricks for soothing a colicky baby. The best source for designer baby clothes at great prices we call it the best kept secret in baby fashion. Seven creative ways to preserve memories from the baby years. Our number one favorite first finger food for baby. Terrific tricks for getting picky eaters to eat vegetables and much, much more. About the Authors: *The Mom to Mom Guide to the Baby Years* is written by 142 moms from all over the world from Spokane, Washington to Okeechobee, Florida; Ontario, Canada to Kyoto, Japan. We are moms just like you: breastfeeders and bottle feeders, vegetarians and meat eaters, working moms and stay-at-homers. We live in the city and the country, on military bases and in suburban neighborhoods. We differ in lifestyles, parenting styles, ages, and clothing preferences, but we all share a deep desire to raise happy, healthy children, and we're happy to share whatever we've learned to help you do the same.

Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990 **Nursing Diagnosis Handbook** Betty J. Ackley, Gail B. Ladwig, 2004

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