

Walking briskly with good form is one of the healthiest things

that you can do. Ask yourself, do you walk well? This is a weird question to ask but I want you to take it seriously because like breathing and eating walking is something that most of us have to do everyday. If done well it can make us healthy and more energetic. If done not enough or with poor form it can make us unhealthy and injured in so many ways. Your walking posture and foot and arm motions makes a big difference in your walking speed and ability to walk energetically. Good posture when walking allows you to breathe better and helps restore poor posture that life brings about. POSTURAL KEYS: Before walking stand up tall with toes pointed ahead or slightly out, do not arch your back or lean forward, keep abdomen in or slightly braced (*helps with back stability*), keep knees bent (*never exercise with fully straight legs, too much knee stress*), keep eyes ahead looking 20 feet to avoid tilted head that puts strain on your entire back, and keep shoulders back, which will help you breathe better (all of this is good standing and walking posture, *when you run you should have a forward lean*). ARM MOTION KEYS: Purposeful arm motion can lend power to your walking, burning 5% to 10% more calories and acting as a balance to your leg motion and is very therapeutic to the spine. Bend elbows at 90 degree without clenching (effects Blood Pressure if clenched), keep arms going back and forth close to body, not crossed or chicken wing, do not bring arms higher than chest bone or cross body. FOOT MOTION KEYS: It is a rolling action where you strike heel, roll forward, and push off with toes (unlike running where you should land mid-foot to ball of foot). STRIDES KEYS: Over striding is the death of both walkers and runners taking the power out of the legs and it places a great deal of stress throughout the entire body. Concentrate on back foot and the push off from that foot using your glute (buttock) muscle as the prime mover. It might benefit from keeping your forward foot stride shorter so that you can extend the back, propulsion leg further. **THINK ABOUT YOU GLUTES PUSHING YOU FORWARD.**

Self-checks: Solving problems before they happen.

DO YOU/CAN YOU
DO THIS?
SHORT WELLNESS SELF-
CHECKS

Do you walk well?

**Do not arch your back
or lean forward**

Keep Eyes Ahead

Shoulders Back

**Use purposeful arm
motion, back and forth
along side of body**

**When foot striking roll
foot from a heel to toes**

**Do not land with
straightened leg**

Do not over stride

**Concentrate on back
foot push off using
mostly buttock
muscles to propel**