



Seize the numerous benefits of power walking whenever possible by incorporating power steps into your daily life wherever you move. It's not a formal or planned activity; it's simply about taking advantage of purposeful and mindful movement in your daily life by performing power steps.

Remember wherever you go move with Power Steps. This can be done numerous times throughout the day. Whether you're on a leisurely stroll from your car or engaging in a purposeful power walk, focus on each step. Activate your glutes (buttocks) and employ vigorous arm swings for a more powerful stride. Remember to maintain controlled, mindful breathing through your nose and exhale through your mouth. As Hippocrates, often regarded as the father of medicine, suggested, "The best medicine is walking." [See Step It Video](#)

WANT MORE DETAILS ON FORM READ ON: Engaging in brief, regular walking sessions brings about cumulative health benefits and aids in refining your power walking technique. It could be less than a minute, but it has benefits.

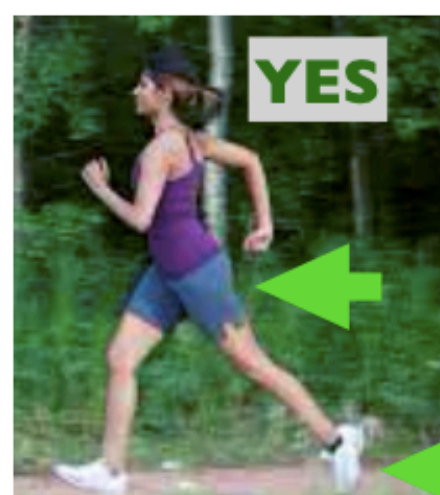
Fitness Walking Form and Foot Strike

Impact Toward the Heel

Make Sure the Lead Leg Knee is Bent SLIGHTLY



**NO FORWARD LEAN OF TORSO
LESS TOE OFF**



SLIGHT FORWARD LEAN OF TORSO ALLOWS GREATER HIP EXTENSION AND TOE OFF

POWERFUL ARM MOVEMENTS

Knee is Slightly Bent

Less Impact Forces

More Elastic Energy

Power Walking Form Basics: Leading leg contacts ground with a slightly bent knee and lands with the heel. Imagine a gliding motion, moving horizontally rather than vertically. Maintain a slight forward lean of the upper torso for greater hip extension. Achieve a strong push-off from hips to toes for triple extension: glutes/hamstrings (hip), quadriceps (knee), calf (plantar flexion). Really engage the glutes during the stride. Use long and strong arm movements from shoulders with straight elbows, similar to cross country skiing. Retract shoulder blades and keep the head up, looking ahead. Practice controlled breathing through the nose, exhale through the mouth if possible.

Power Steps the same as Power Walking? Integral to the 'IT Program' is the principle of 'Step It,' also recognized as Power Stepping. Power Stepping shares similarities with Power Walking, yet it diverges from the structured formality of planned exercise, arising spontaneously during any walking activity. Transitioning from one point to another, focus on each step—be mindful. Consciously engage your glutes and infuse your strides with robust arm swings, echoing the technique of power walking. The absence of a rigid exercise timetable sets it apart from Power Walking, prompting us to term it Power Steps. So, keep in mind 'Step It' with purpose as you navigate to and fro, recognizing that Power Walking stands out as one of the most beneficial activities for your body."