

# 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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*Fitness Walking For Dummies* Liz Neporent, 2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day *Fitness Walking For Dummies* is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout *Fitness Walking For Dummies* also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program

**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 as an Exercise** , 1985

**The Amateur's Guide** John Goulding, 1879

**The Natural Healing Cookbook** Mark Bricklin, 1958-08

Medical Botany, Or, Herbal Guide to Health William Joseph Simmonite, 1870

*The Lady's Guide to Complete Etiquette* Emily Thornwell, 1888

*Dr. Jensen's Guide to Natural Weight Control* Bernard Jensen, 2000 Offers a holistic natural approach to weight loss management This book includes exercises for speeding up the rate of fat loss food charts for easy calorie counting and advice on helping children maintain their correct body weight

**A Plain Guide to Good Gardening; Or, How to Grow Vegetables, Fruits and Flowers ...** Samuel Wood (Gardener.), 1876

*A Practical Dictionary of Household Hints* , 1982

**Consumer Guide to a Flatter Stomach** Consumer Guide, Consumer Guide Editors, Charles T Kuntzleman, 1983-08-03

Gaseous Exchange and Physiological Requirements for Level and Grade Walking Henry Monmouth Smith, 1922

**Prevention** , 1988

**Readers' Guide to Periodical Literature** , 1910

**The Unauthorized Teacher's Survival Guide** Jack Warner, Clyde Bryan, Diane Warner, 1995 The authors have 50 years combined teaching experience and together with hundreds of teachers and school

administrators they identify the most important issues and frustrations teachers face today Ideal for students counselors and professionals     *Pakistan & Gulf Economist* ,2008     *Social Welfare* ,1995-04     **101 Foot Care Tips for People with Diabetes** Jessie Ahroni,Jessie H. Ahroni,2000 For people with diabetes developing complications of the feet are a constant threat You will find answers to the most common questions about foot care including how to prevent and treat minor problems such as calluses blisters and fungal infections and major complications such as ulcers and neuropathy     **Subject Guide to Books in Print** ,1991     **1000s of Helpful Hints** Outlet,Rh Value Publishing,1985

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