

WALK FOR A HEALTHY YOU

NECK & SHOULDER: One of the most common mistakes when walking is tensing neck & shoulders. Relax your neck & shoulder muscles. Walk with your chin up and look forward rather than down.

ARMS: Your arm movements balance your leg movements. Hold the arms at 90 degree angle as you walk, with forearms relaxed and hands cupped, not tensed into fists. Big arm movements will do nothing but waste your energy and exhaust you.

THE TORSO: Keep the abdominals tight and body upright or angled just slightly forwards. Try not to lean far backwards or forwards as you walk because this puts extra pressure on the hips and spine. Breathe deeply.

HIPS & BOTTOM: Keep the hips square and facing forwards. This enables the legs to work hard and prevents you from twisting your lower back.

LEGS & FEET: Don't put all your efforts into increasing your stride length; ultimately, this will slow you down. Keep your stride length short so the body is not forced to rotate through the hips. As you step forwards, the heel should plant down on the ground first and the body weight should then roll through. Keep your feet as re-laxed as possible as you walk. This helps prevent tightness developing in the shins. If your feet don't naturally point forwards, this may feel awkward, but persevere and make an effort to maintain the alignment. Doing this you will not only strengthen the major muscles but will build up good cardiovascular endurance too.

