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## Brisk Walking Warm Up

Slowly walk in place or in a circle for 1 or 2 minutes. Then do a couple simple stretches to stretch out your hip flexors and lower back. Begin walking at a slow pace for 5 minutes, gradually increase the your speed as you continue on.



## WALK, WALK WALK



“ **Movement** is  
the **celebration** of life.”

- John Selland

# Proper Walking Form from Head to Toe

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## Stand Up Tall

The secret to a good walking stride is your posture. The spine should be tall and elongated while you stay relaxed.

You should be able to draw a straight line from your ear down to your shoulder, to your hip, knee and ankle. A common problem to look for is an unnatural arch in your lower back. By having this exaggerated arch in your back it can cause a lot of discomfort, especially when walking long distances. To eliminate this problem, practice tucking your buttocks under your body, this will put your body in more of a neutral position. To help you achieve this posture, pull in your abdominal muscles while squeezing your gluteus muscles.

## Eyes Forward

When Walking your head should be level so that your chin is parallel to the ground and eyes looking forward. Try looking forward about 12-20 feet in front of you, if you feel you need to look closer to where you are walking, lower your eyes, not your head. If you walk for a long period of time with your head lowered, you will begin to feel tension in your shoulders and neck.

## SHOULDERS AND ARMS

When walking try to keep your shoulders relaxed in neutral position. Arms should swing naturally with each step while keeping them bent at 90 Degrees. Bending your arms will help you to gain upper body strength along with the toning of your arms if you are a frequent walker.

Bending and moving your arms while walking will help you keep up your pace for greater periods of time.

Your arms should swing naturally at waist level. Your hands and arms should be relaxed to help avoid using extra energy. Keep your elbows close to your waist while not allowing your hands to go any higher than chest level or reaching back farther than your hip.

## Below the Hip

The movement of the bottom half of the body is found to be the most difficult to achieve. To help with the movement, you will want to increase your flexibility in your hips by consistently stretching the hip flexors and lower back. For some people, repeatedly working on your walking technique will help increase your flexibility.

To achieve the proper form you begin by using your abdominal muscles and hip flexors to rotate your hip forward. As you swing your leg forward and straighten it, you want to place all of your body weight on your heel first with the toes pointed upward. The placement of the foot while walking should be as if you were walking on a straight line. As you begin move forward into your next step your body weight will stay on your front leg, as you begin to switch lead legs the foot should roll forward and push off from the toes. A strong push will give you power for a naturally longer and more explosive stride.