

# Walking & Running Form

## Health benefits of Walking & Running

- Help you reach your weight loss goals
- Reduce stress and better mood
- Its free! It is one of the top exercises for better health

But you want to make sure you're walking and running the right way. Proper form can offer a multitude of healing benefits such as reduced back pain, decreased wear and tear on your joints, increased core strength and even better lung health.

## WALKING FORM



Just takes a few mindful adjustments to get you in your walking A Game.

1. **Roll your foot Heel to toe** - the heel of your foot should make contact with the ground before any other part of your foot. Aim for a smooth rolling motion from heel to the ball of the foot and then onto your toes. Keep your back foot on the ground longer and give yourself a good push off the ball of your foot to propel your front foot forward.
2. **Keep your Feet Hip-Width Apart** – having your feet hip- width apart is the foundation for a comfortable position in your daily life. This position helps your joints, muscles and organs of the body sit comfortably. When you hear hips- width apart think bone – not flesh. Think of aligning your second toe with your ankle, up to your knee and then the bony front part of your hip. That is the true stance.
3. **Engage the Core** – gently tighten your stomach muscles while you walk. Not sure what that feels like? – imagine the feeling you get in your abs when you cough or laugh. Its that subtle but noticeable grip and

tightness within your core. This will help stabilize your body while also relieving pressure on your lower back.

4. **Press your Shoulders Back and Down** – If your shoulders are hunched, it can strain the muscles and joints in your neck and upper back. Not only will this improve your posture over time, but research also shows it can actually help improve your lung function (opening your chest helps increase airflow)
5. **Look Forward** – When you walk, look ahead of you. That means lifting your chin and focusing your attention about 10 feet in front of you (not at your phone). This way your body is upright and not leaning forward.

# RUNNING FORM



Tips to improve running form.

1. **Avoid Over-striding** – You want to look for the alignment of knee and ankle upon initial contact. If you are overstriding, you will see the ankle ahead of the knee.
2. **Maintain a tall posture as you run** – because most of us sit in front of a computer, in a car, or on a couch, it carries over to the way we run. All this sitting will give you tight hip- flexors and other anterior muscles along with under active glutes.
3. **Relax the shoulders** – tension in your shoulders, neck or upper back can inhibit your arm motion. You need your arms for balance, rhythm, and power as you run. Swinging from the shoulder.
4. **Strengthen your Glutes and Core** – These two muscle groups play a huge role in providing stability around your lower trunk, pelvis and hips. Weaknesses and imbalances around these areas can directly lead to knee, hip, and back injuries as well as lower leg, calf and Achilles.
5. **Don't bounce or rotate excessively** – running is a linear motion, as you move forwards in a straight line. Your body should not be rotating excessively from side to side as this will cause you to use energy to control the body.
6. **Control your breathing** – get into that breathing rhythm with the rest of your body. Getting your breathing right is integral to your running technique and should be practiced so that you maintain your composure.

These adjustments are simple but take a conscious effort. Give your walking and running some extra attention!