

I WILL

Find My Stride

? Did you know? Many fitness walkers slip into poor habits that can cause strain – slouching, arching backs, swinging arms like windmills and flapping elbows like chicken wings.

In Good Form

When it comes to walking for fitness, do what comes naturally. Keep your head up and shoulders back slightly. Take quick, normal steps – not big strides that may stress your calf muscles and knees. Reach out with your hip and knee, letting the heel strike first with each stride. Let your arms swing and your hip and leg motion be smooth and natural.

Tip: To tell if your exercise pace matches your ability, take the talk test – if you can't carry on a normal conversation you're probably walking too fast and should slow down.



A WALK-FOR-WELLNESS PROGRAM™

"MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING."
JIM RYUN, RUNNER AND OLYMPIC MEDALIST