

DO'S & DON'TS OF WALKING

when starting a new walking habit

If you want to reap the benefits of walking (reduction in belly fat, improved immune system, improved blood tests, anti-aging benefits, and stress reduction benefits) you want to walk well. Walking well means walking strong in posture and energy

DO: STAND UP STRAIGHT

Here's how: Keep your head over your shoulders, hold your shoulders slightly back (not slouched forward), keep your bottom slightly tucked, lead with your hips comfortably and you will feel stronger and stronger.



DON'T: LOOK DOWN

As you walk, you should keep your head up. Looking up promotes the normal forward curve of your neck and helps you carry your weight properly and swing your arms well, which helps your shoulders.

DO: SWING YOUR ARMS

Move your arms freely in correlation to the opposite leg so you achieve a comfortable walk that promotes good muscle coordination and posture.

DON'T CARRY WEIGHTS OR DUMB-BELLS

These are better used as a separate part of your exercise regime. They tug at your posture in a way that is not helpful.



DO: EXPECT SORENESS

Soreness is normal in your thighs and calves in the first week or two. Stretching and Epsom baths help.



DON'T: SIMPLY SAUNTER ALONG

Taking it too relaxing is not going to achieve much in cardiovascular benefits or weight loss results, so be sure to walk with purpose.

DO: WALK BRISKLY & WITH PURPOSE

Walking can be instrumental to your weight loss, health, and reducing stress. What else can do this? Having purpose in your next goals. Join me in the Habit Change Lab >>CLICK HERE<< and we uncover what you want and help you to get it: lose 10-30 pounds, clear your clutter, step up in relationships or your boundaries to save your time...in 90 Days.