



# WALKING WARM-UPS



1

## ANKLE CIRCLES

Stand on one foot and lift the other off the ground. Slowly flex the ankle through its full range of motion, making large circles with the toes, but only by moving the ankle joint, not the lower leg. Do 6-8 in each direction, then switch feet and repeat.

2

## LEG SWINGS

Stand on one leg and swing the other loosely from the hip, front to back. It should be a relaxed, unforced motion like the swinging of a pendulum, and your foot should swing no higher than a foot off the ground. Do 15-20 swings on each leg.

3

## PELVIC LOOPS

Put your hands on your hips with your knees "soft" (slightly bent) and your feet shoulder width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back, and to the right. Then reverse directions and repeat.

4

## ARM CIRCLES

Hold both arms straight out to the sides, making yourself a letter "T". Make 10 or 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake your arms out, then repeat with 10-12 forward circles again starting small and getting larger.

5

## HULA HOOP JUMPS

Begin jumping in place on both feet. Keep your head and shoulders facing forward, and twist your feet and lower body left then right, back and forth, on successive jumps. Jump 15-20 times, facing forward but twisting the hips and legs left and right on alternate jumps.

6

## UP, SIDE, & BACK DOWNS

Ideal if you have shin soreness while walking. Stand with feet hip width apart and roll your feet through four positions, holding each for a two-count. UP - stand on your toes, heels high. SIDE - roll to the outside edges of your feet, with inside edges pulled up. BACK - stand on your heels, toes high. DOWN - rest with both feet flat on the ground.

# TIPS FOR FASTER WALKING

## TIPS

### FASTER WALKING

**STAND TALL** - No slouch in the shoulders, forward lean from the waist, or excess sway in your back.

**QUICKER, NOT LONGER STEPS** - Yes, your stride gets longer as you walk faster, but that shouldn't be your goal! Let it happen naturally and concentrate on taking faster steps.

**BEND YOUR ARMS** - Hold your elbows at a right angle so your arms can swing more quickly. Aim for a quick, compact arm swing.

**PUSH OFF OF YOUR TOES** - Consciously push off of your toes and generate as much boost as possible at the end of each step.

## COOL DOWN EXERCISES

### 1

#### CALF & HIP STRETCH

Take a giant step forward with your left foot. Bend your left knee and keep your right heel on the ground and your right leg straight behind you. Keep your ab muscles gently contracted so there's no excess arch in your back, and you should feel the stretch in both your right calf and hip. Hold for several deep breaths. Switch legs and repeat.

### 2

#### BACK & HAM STRETCH

Stand with your feet together and your knees soft. Lean forward from the waist and let your arms and head hang loosely toward the ground. Don't necessarily try to touch your toes - just let your body hang under its own weight and let it ease into the stretch with each deep exhale. Slowly stand up and repeat.

### 3

#### SHIN & THIGH STRETCH

Grasp your right toes with your right hand and gently pull your foot up behind you, keeping your right knee pointed toward the ground. Your heel does not have to reach your buttocks - just pull to the point of feeling a gently stretch in the front of the thigh, hip, and shin. Hold for several deep breaths. Switch legs and repeat.