

# Walk THIS WAY

To work your muscles and avoid aches and strains, follow these tips from Dave McGovern, an Olympic racewalker and coach of the U.S. National Race Walking Team, and Lizzy Kemp Salvato (right), a racewalking coach in San Diego.



Hold your head high so it's in a straight line with your body, not forward or bent down. Keep your chin parallel to the ground.

To pick up speed, bend your elbows and pump your arms beside your trunk.

Focus on pushing your elbow behind your body. "Think about driving the elbow behind the body and then just letting gravity and momentum pull the arm forward," says McGovern.

Keep your body in a straight line, as if a string attached to the top of your head were being pulled taut. "The walker needs to fight that [bend] and stay straight up and down with their spine in line: ear over shoulder over hip over ankle," says Kemp Salvato.

Take short, fast steps to walk faster, not longer strides.

To gain speed and power, roll your foot to your toes, pushing off with the ball of your foot and toes as you go.

## TIP!

*The shin muscle isn't used often, so you might feel soreness there when you begin a walking workout. Shortening your stride and wearing athletic shoes with a lower heel can help alleviate discomfort.*

Land each step on your heel first, not the entire foot at once.

### \* | SAFETY NOTE

**Check with your health care provider before making big changes in your exercise plan, which could require adjustments in your meds, foods, or other treatment.**