



# Walking tips

-  **Maintain a good posture** when you're walking by relaxing your shoulder muscles.
-  **Keep your shoulders down** and lift your rib cage slightly.
-  **You should be looking forwards**, rather than down.
-  **Walk tall**, so avoiding a tensed, hunched carriage.
-  **Hold your arms** relaxed, close to your body.
-  **Try to avoid** swinging your arms across your body.
-  **As you walk**, land on your heel and then transfer your weight onto the ball of your foot, rolling forwards in a smooth heel-to-toe movement.
-  **Keep your hips**, knees and feet aligned, feet pointing directly forwards - this may feel a little awkward at first.
-  **Keep your body upright** or angled just slightly forwards.
-  **Breath deeply** from the diaphragm.

