

If you've spent a fair amount of time in the capital area, you may already be familiar with Playmakers, the influential running-goods retailer. But have you heard of Playmaker's Good Form Walking system? Developed and refined by the experts, Good Form Walking spawned from the original Playmakers 'Good Form Running' system. Good Form Walking encourages runners and walkers to adopt 3 physical adjustments that can help you move healthier, easier, and faster.

'Our basic philosophy encourages one very simple mantra: move light and easy. Good Form is a product of years of teaching clinics, reading and researching books and articles, studying form philosophies, and numerous years of learning through practice and refinement. Instead of a complex bio-mechanical analysis, Good Form focuses on the simple, essential steps that allow for efficient, light, and easy running and walking. Along with effective stretching and strengthening techniques, Good Form can benefit all ranges of runners and walkers. With simplicity as a primary philosophy, Good Form has positively reached thousands of runners and walkers since 2006.

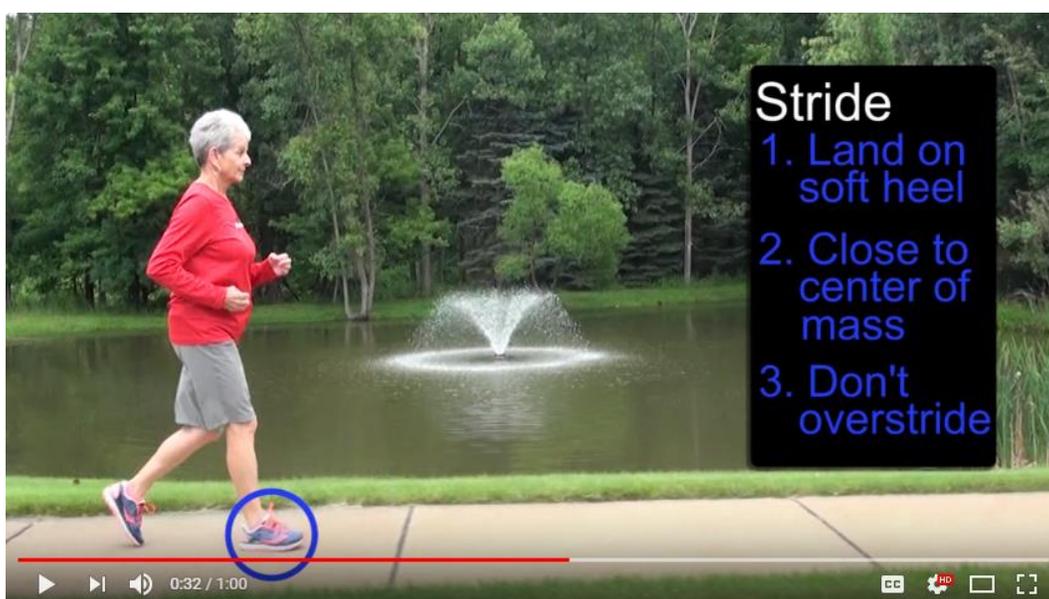
Based on the findings from the development of Good Form Running, combined with further discussion, exploration, practice and implementation, Good Form Walking evolved as a method to help walkers of all ages and abilities move forward more efficiently and healthier. Learning the three simple components of GFW can help people to walk without injury, with a well-balanced stride and with renewed vigor. GFW instruction has helped hundreds of people walk better, farther, and more frequently!'

Ready to take the first step? Visit playmakers and attend a good form walking class! They are an hour long, taught by certified Good Form experts, and totally free!

<https://www.playmakers.com/GoodForm/Classes.aspx>

If you can't make it to a class, check out the youtube video linked below:

<https://youtu.be/xHbkRcwjNaA>



# 3 SIMPLE STEPS TO GOOD FORM WALKING



**#1 Posture:** Head level, eyes look forward. Stretch and reach skyward, elongating the spine. Relax arms to sides at a 90° angle. Keep arms and shoulders relaxed. Use compact arm swings, avoid crossing the body's center line. Keep the knees soft and feet pointing straight ahead.

**#2 Stride:** Walk lightly, avoid pounding. Foot lands softly and closely under the hip line. A quicker cadence promotes shorter stride length. Soft heel roll to midfoot promotes a balanced walking position minimizing friction (braking forces when the heel lands hard without a soft roll).

**#3 Lean:** Use gravity to help generate forward momentum. Slight lean from the ankles without bending at the waist. Reset posture, then lean tall into your walk.

Want to learn more?

Visit MSU Moves online at [www.health4u.msu.edu/msu-moves](http://www.health4u.msu.edu/msu-moves)