

Walking/Running Routine

Body Alignment

1. Drop shoulders down & back.
2. Keep chin parallel to the ground.
3. Look straight ahead.
4. Squeeze abdominals tight.
5. Swing arms front to back.
6. Bend elbows 90°.
7. Fists soft.

Feet

1. Strike ground with heels first, ankles flexed, toes pointed upward.
2. Roll through the step from heel to toe while bending your knee slightly.
3. Press off from ball of foot.

*A strong push provides you with more momentum.

Pace

0 1 2 3 4 5 6 7 8 9 10



3. You can sing.

5. You can talk
in sentences.

8. You can barely
talk.

Use your walking meditations. Enjoy!



MAKEOVERS LIFE FITNESS WALKING/RUNNING ROUTINE

Part of the Makeovers Life Fitness program is having a walking/running routine. Walking and eventually running is a healthy way to keep your body strong and your spirit in balance.

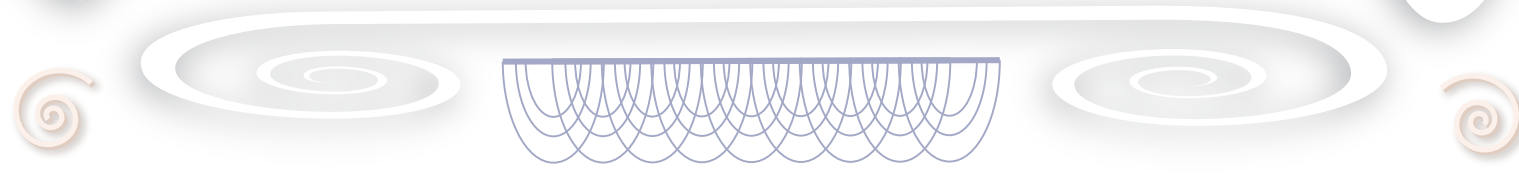
Walking/running outside is the best. We are not just doing this to get cardiovascular exercise. We are doing this routine to get a lot of fresh air and to be outside in nature. Doing meditation exercises like the Observation Exercises on plants and animals in the meditation part of the Makeovers Life program adds dimension to your workout. Being outside is one of the most important aspects in having a balanced life. It connects your spirit and your body to the planet like nothing else can.

As soon as you step foot outside your door and are ready to begin your route, take a deep breath of fresh air. Hold it for a moment and release your breath very slowly. Repeat your deep breathing with every step. Place your attention on your breathing throughout your walk.

An important reason why we need to be outside everyday is sunlight. The sun plays an important role in how our bodies function. Getting plenty of sunlight is important to maintaining good health and having a strong immune system. Sunlight kills a lot of bacteria in our bodies.

Working out indoors like in a gym or in your house is not the same thing as being outside. Even when the weather is not so good, you may put on several layers of clothes and still go on your route.

The first step to establish this type of routine is to set a few routes. Get in your car and use your speedometer to see which areas in your neighborhood you want to walk/run. Also, do the same thing around the neighborhood where you work. You can take your walk/run on your lunch break or whenever you have some free time. Another choice is to run/walk in a different neighborhood other than your own. Go on a car ride around areas in your city and find some beautiful neighborhoods with beautiful homes and scenery. If you live near water like a lake or ocean, you may mark a route there.



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Some people like to walk/run in designated areas like Central Park in New York City. Depending on what you like to look at during your route may determine where you set up your routes. Just make sure you know how long your route is. That is the most important thing. Start by setting up just one or two routes. Don't try too many in the beginning. As time passes, you may set up more.

If you've never had a walking routine, set your first route to $\frac{1}{4}$ mile or to $\frac{1}{2}$ a mile depending on your ability. On the other hand, if you've walked or ran in the past, you may set your route for 1 or 2 miles. Any more than 2 miles and it gets to be too much.

The next important aspect of the walking/running routine is your gear.

During warm weather months:

1. Good pair of running shoes.
2. Sports bra with good support for the ladies.
3. Several pairs of shorts.
4. Tank tops or t-shirts, preferably cotton so skin can breathe when you sweat.
5. Several pairs of cotton socks.

During cold weather months: layer clothes to stay warm.

1. Pair of cotton leggings to wear under sweatpants.
2. Pair of sweat pants.
3. Sports bra with good support for the ladies.
4. Cotton t-shirt.
5. Light sweater or thin zip up sweatshirt. (regular sweatshirts are too bulky and weigh you down)
6. Zip up jacket that's not too bulky and has a hood on it.
7. Thin scarf made of natural material like cotton, merino wool, or cashmere.
8. Gloves.
9. Cotton socks.
10. Good pair of running shoes.
11. Hat to cover ears.



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- Fanny pack to hold your cell phone and music device.
- Cell phone.
- Music- I pod, cd player.

Music is an important part of the walking/running routine. Take your musical device when you go. Use it for part of your route. The other part, don't use it and practice your meditation exercises. Look around you and notice the scenery. Look at all the different plants. Feast your eyes on the hundreds of shades of green. Look at all the pretty homes with their landscapes. Pay attention to the details of your environment. Clear your mind and be present in the moment. Let all your thoughts come and go like cars on the highway and attach no emotion to any one of them. Create peace in your mind and give yourself a break from your daily activities and the to do lists.

Walk your route for three weeks every day before you start running. Walking every day sets your body in motion and forms a habit that will get you in good shape for the running portion of the program. Once you start running, do it slowly. Run maybe three or four times during your route at a slow pace for short distances. Just enough to train yourself to get moving at a higher pace. As your body builds strength, it will let you know how much it can handle. Don't ever push it. It's not worth it.

Once you add running to your route, only run three days a week every other day. You may still walk every day, but only run every other day. It gives your body time to build muscle and prevent injury.

If you have not had a regular fitness routine in many years, make sure you consult your doctor before you start the Makeovers Life Fitness section of the program.

Being outside in the fresh no matter what the weather is like outside is one of the greatest treasures you can give yourself. Make it a part of your routine and begin to feel empowered that you are living a balanced life.

