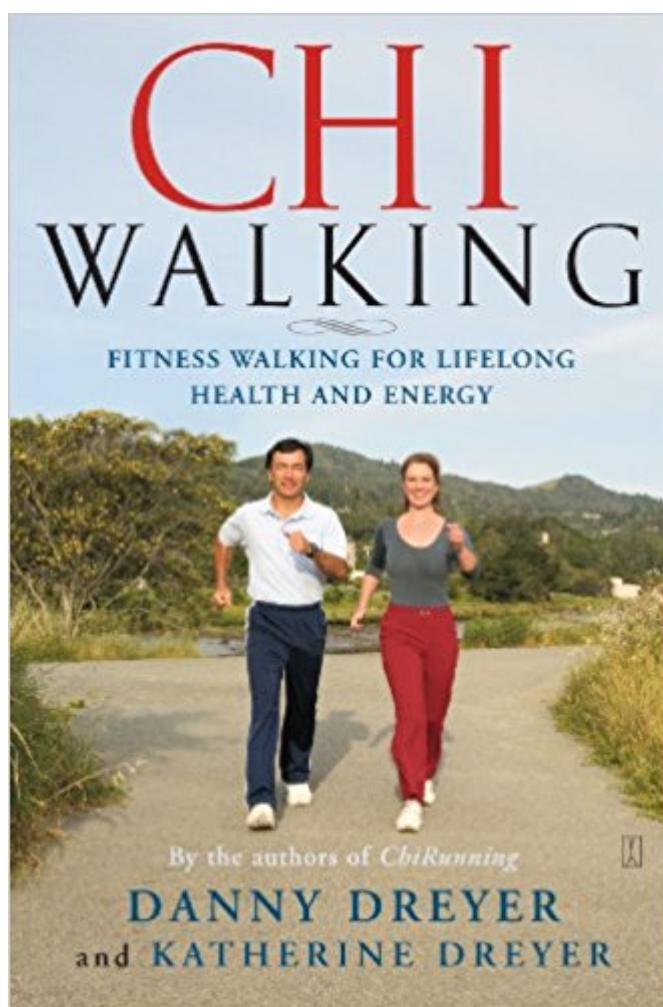


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# ChiWalking: Fitness Walking For Lifelong Health And Energy



## Synopsis

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of Tâ€œâ€œai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and Tâ€œâ€œai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out.

1. Get aligned. Develop great posture and better balance.
2. Engage your core. Make back and knee pain disappear.
3. Create balance. Walk faster, farther, and with less effort.
4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh.
5. Move forward. Make walking any distance a mindful, enjoyable experience, whether youâ€œâ€œre a beginner or a seasoned walker.

## Book Information

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## Customer Reviews

Unless you are unable to walk, you probably take walking for granted. To most people, it doesn't

seem like an important physical activity or even a sport. Yet, according to Danny Dreyer and Katherine Dreyer, some 80 million Americans consider walking their most important physical activity. For this sequel to their ChiRunning, the authors apply the principles of balance and energy from t'ai chi to create "ChiWalking." The 11 chapters follow their "Five Mindful Steps": "Get Aligned," "Engage Your Core," "Create Balance," "Make a Choice," and "Move Forward." Each chapter is filled with good black-and-white photographs illustrating the techniques discussed; pictures showing the best technique are side by side with pictures showing the worst technique. This book would be helpful for those interested in walking for their health. Recommended for all consumer health collections. --Library Journal

Danny Dreyer, an esteemed walking and running coach, is a nationally ranked ultramarathon runner. He conducts workshops nationwide and lectures frequently at races and events. He is the coauthor, with Katherine Dreyer, of ChiRunning. Katherine Dreyer has more than thirty years of experience in the health, personal growth, and fitness fields. She partners with Danny to coordinate the international ChiRunning, ChiWalking, and ChiLiving programs.

I thought I knew how to walk, even though I continually hurt my calves. Quit walking? Not willing, so enter Chi Walking and Chi Running! It has taken several years, but now I am walking completely differently, and finally have no pain! Unintended side benefit: I can walk on ice without slipping and without fear. I may get back to running even, if I choose. Thank you Danny Dreyer, Katherine Dreyer, and your publisher, editor, and everyone else connected with this project! I think of you often, share your ideas with others, and continually monitor my movements with an open mind that there is always a better way.

What a lot of talk! I started to skim early on, looking for the meat. Maybe the philosophical stuff is valuable, and if you're already a committed walker you may enjoy all the talk. However, the bottom line for me is, after doing just a little chi walking, my aching knees feel better. I'll continue even though I still think it looks silly.

This book has helped me integrate another method of exercise in a way that is not going to compromise my physical body. As I age, I look for different ways to exercise that gets my heart rate up and doesn't damage my body. ChiWalking was explained clearly, exercises for strengthening my core were provided which helped me with Chiwalking over long distances. Even though walking is a

non-invasive form of exercise, the directions to Chiwalking, if followed, will help me be able to maintain physical fitness well into my later years.

Love it - Danny has a very engaging and sensible way to help you correct the way you walk. I suffered from foot and calf pain, but I feel so much better after performing the exercises

Very well written and organized. It was a little long on rationale for my purposes, but specificity is necessary when changing ones walking mechanics.

A neighbor encouraged me to see her physician who specializes in back pain. During my first visit with Dr. Irene Minkowsky she suggested things I could do to help eliminate my lower back pain. She had a copy of "Chi Walking" in her waiting room. In that the way I was walking contributed to my symptoms, she recommended I try CHI Walking. Danny and Katherine Dryers book is easy to read & has good advice on posture, body alignment and how to strengthen our core muscles.

Never really thought about how I walk as I or we have been doing it practically since birth, but as I have grown "older" and developed bad habits and bad posture this book enforces the "mindful" exercise of paying attention to all your bad habits and making self correction. This book continually reinforces good habits and I will reread this more time to remind myself of those mindful habits.

My physical therapist recommended this book following my recovery from a broken leg. I've been walking and running wrong for decades!RAC

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