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**WALK for LIFE:  
speed up your stride, improve your health**

***“****Later in life, walking becomes as much an indicator of health as a promoter of it. After age 65, how fast you walk may predict how long you have to live. Walking, or gait, has long been recognized as a proxy for overall health and has been measured in many studies. Researchers have found a remarkably consistent association between faster walking speed and longer life.”*

http://www.health.harvard.edu/press\_releases/research-points-to-even-more-health-benefits-of-walking

**BENEFITS:**-Improves fitness  
-Alternate activity  
-Zero impact

**TECHNIQUE: MODIFICATIONS OF TECHNIQUE:**-Land with a straightened knee -Knee can be bent according to physical ability  
-Stride is “heel to toe” -Heel strike can be less prominent  
-Constant contact with the ground -Decrease stride length while maintain contact  
-Hip rotation -Decrease hip rotation  
-Arm movement -Decrease arm movement **PROGRAMING IDEAS:**  
-Walking Club  
-Walking Competition among residents  
-Walking Competition among staff  
-Walking Competition using resident and staff teams

**RESOURCES:   
Technique website:**[**http://www.racewalkclinic.com/RWCIABVFlyerRGB.pdf**](http://www.racewalkclinic.com/RWCIABVFlyerRGB.pdf)

<http://www.eracewalk.com/Tuto01/Tuto0101.htm>

**Technique YouTube video:**<http://www.youtube.com/watch?v=JWAwlwIV7mg&feature=related>

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