



## DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery  
Diplomate, American Board of Podiatric Surgeons  
Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

### TIPS FOR WALKING FASTER

1. Use good posture. Walk tall, look forward, (not at the ground) gazing about 20 feet ahead. Your chin should be level and your head up.
2. Keep your chest raised, and shoulders relaxed (shoulders down, back and relaxed).
3. Bend your arms in slightly less than a 90 degree angle. Cup your hands gently. Swing arms front to back (not side to side - arms should not cross your body.) Do not swing elbows higher than your sternum (breast bone). Swing your arms faster and your feet will follow.
4. Tighten your abs and buttocks.. Flatten your back and tilt your pelvis slightly forward.
5. Pretend you are walking along a straight line. Resist the urge to elongate your steps. To go faster -- take smaller, faster steps.
6. Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles to propel you forward.
7. Breathe naturally. As you walk, take deep, rhythmic breaths, to get the maximum amount of oxygen through your system. Walk fast enough that your breathing is increased yet you are not out of breath.

### WALKING DON'TS

Common mistakes made by walkers...

1. Do not over stride
2. Do not use too vigorous arm movements
3. Do not look at the ground
4. Do not hunch your shoulders
5. Do not carry hand weights or place weights on your ankles

Also, see 'thewalkingsite.com' for more information.