



Did you know? Incorporating frequent bursts of power walks and stair climbing throughout the day offers more health benefits than a single extended session.

Harness the benefits of brief bouts of exercise throughout your day by incorporating more steps, whether through power walking or stair stepping. Walk with purpose, and whenever you see stairs, take them and add extra steps. The benefits are immense.

Power walking is one of the best activities for your overall health. Climbing stairs is a great form of high-intensity interval training, which improves aerobic capacity while building strength and power. Stair climbing also engages muscles in the legs, glutes, and core, promoting strength and endurance.

This dual effect of walking and stair stepping throughout the day enhances both strength and cardiovascular health, which are highly linked to longevity and quality of life. So, get in those steps and enjoy the numerous health benefits whenever you can.

It's not a formal or planned activity; it's simply about taking advantage of purposeful and mindful movement in your daily life by performing frequent power walks and steps.

How to Power Walk:

Whether you're on a leisurely stroll from your car or engaging in a purposeful power walk, focus on each step. Activate your glutes and employ vigorous arm swings for a more powerful stride. Remember to maintain controlled breathing through your nose and exhale through your mouth. As Hippocrates, often regarded as the father of medicine, suggested, "The best medicine is walking." Engaging in brief, regular walking sessions brings about cumulative health benefits and aids in refining your power walking technique. It could be less than a minute, but it has benefits. [See Video on Power Walking for more information.](#)

How To Climb Stair for Fitness:

Stair climbing is an highly effective way to boost fitness levels with minimal equipment. To climb stairs safely and effectively, use handrails for support going up and down. Maintain good posture by keeping your back straight and core engaged. Use your entire foot to push off each step, engaging leg muscles fully especially gluteals. Coordinate arm swing, with non hand rail arm, with your steps to enhance balance and intensity. Begin at a comfortable pace, gradually increasing speed to build strength and endurance. Afterward, cool down with slower walking and stretching to prevent stiffness. By incorporating stair climbing into your routine, you can enhance overall health and fitness significantly over time.

Power Walking Form Basics: Leading leg contacts ground with a slightly bent knee and lands with the heel. Imagine a gliding motion, moving horizontally rather than vertically. Maintain a slight forward lean of the upper torso for greater hip extension. Achieve a strong push-off from hips to toes for triple extension: glutes/hamstrings (hip), quadriceps (knee), calf (plantar flexion). Engage glutes during the stride see Triple Extension. Lift knees just enough, unless sprinting. Use long and strong arm movements from shoulders with straight elbows, similar to cross country skiing. Retract shoulder blades and keep the head up, looking ahead. Practice controlled breathing through the nose, exhale through the mouth if possible.

Fitness Walking Form and Foot Strike

Impact Toward the Heel

Make Sure the Lead Leg Knee is Bent SLIGHTLY



**NO FORWARD LEAN OF TORSO
LESS TOE OFF**



**Less Impact Forces
More Elastic Energy**

SLIGHT FORWARD LEAN OF TORSO ALLOWS GREATER HIP EXTENSION AND TOE OFF

POWERFUL ARM MOVEMENTS