



# ChiWalking: Fitness Walking for Lifelong Health and Energy

*Danny Dreyer, Katherine Dreyer*

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## ChiWalking: Fitness Walking for Lifelong Health and Energy

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From the authors of the bestselling *ChiRunning* comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai 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 T'ai 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 you're a beginner or a seasoned walker.



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#### **Sheila Seim:**

A lot of people always spent their own free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book you read you can spent 24 hours a day to reading a reserve. The book ChiWalking: Fitness Walking for Lifelong Health and Energy it is rather good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space bringing this book you can buy the e-book. You can m0ore easily to read this book from your smart phone. The price is not too expensive but this book offers high quality.

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