

**Module 3: Mental Training**  
**Topic 6 Content: The Proper Way to Walk Notes**

**Introduction**



The Proper Way to Walk

## Module 3: Mental Training

### Topic 6 Content: The Proper Way to Walk Notes

#### Instructions



Click each of the numbered markers to learn the proper way to walk while exercising.

## Module 3: Mental Training

### Topic 6 Content: The Proper Way to Walk Notes

#### Eight Steps



1. Hold your head high
2. Look forward and not at the ground
3. Keep your chin parallel to the ground
4. Relax your shoulders and move naturally
5. Swing your arms freely with a bend at the elbows
6. Keep your back straight
7. Gently tighten your abs
8. Roll your foot from heel to toe

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