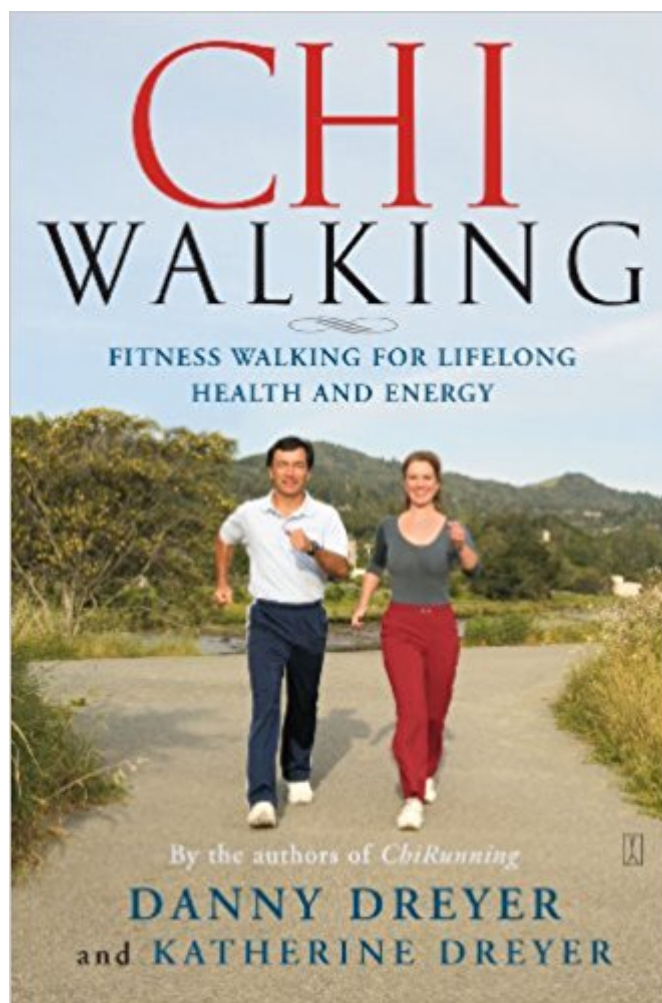


The book was found

ChiWalking: Fitness Walking For Lifelong Health And Energy



Synopsis

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of Tâ™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 Tâ™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 youâ™re a beginner or a seasoned walker.

Book Information

Paperback: 272 pages

Publisher: Touchstone; First Paperback edition (April 4, 2006)

Language: English

ISBN-10: 0743267206

ISBN-13: 978-0743267205

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 123 customer reviews

Best Sellers Rank: #95,306 in Books (See Top 100 in Books) #13 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Tai Chi & Qi Gong #14 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #110 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

Unless you are unable to walk, you probably take walking for granted. To most people, it doesn't seem like an important physical activity or even a sport. Yet, according to Danny Dreyer and

Katherine Dreyer, some 80 million Americans consider walking their most important physical activity. For this sequel to their ChiRunning, the authors apply the principles of balance and energy from t'ai chi to create "ChiWalking." The 11 chapters follow their "Five Mindful Steps": "Get Aligned," "Engage Your Core," "Create Balance," "Make a Choice," and "Move Forward." Each chapter is filled with good black-and-white photographs illustrating the techniques discussed; pictures showing the best technique are side by side with pictures showing the worst technique. This book would be helpful for those interested in walking for their health. Recommended for all consumer health collections. --Library Journal

Danny Dreyer, an esteemed walking and running coach, is a nationally ranked ultramarathon runner. He conducts workshops nationwide and lectures frequently at races and events. He is the coauthor, with Katherine Dreyer, of ChiRunning. Katherine Dreyer has more than thirty years of experience in the health, personal growth, and fitness fields. She partners with Danny to coordinate the international ChiRunning, ChiWalking, and ChiLiving programs.

I thought I knew how to walk, even though I continually hurt my calves. Quit walking? Not willing, so enter Chi Walking and Chi Running! It has taken several years, but now I am walking completely differently, and finally have no pain! Unintended side benefit: I can walk on ice without slipping and without fear. I may get back to running even, if I choose. Thank you Danny Dreyer, Katherine Dreyer, and your publisher, editor, and everyone else connected with this project! I think of you often, share your ideas with others, and continually monitor my movements with an open mind that there is always a better way.

What a lot of talk! I started to skim early on, looking for the meat. Maybe the philosophical stuff is valuable, and if you're already a committed walker you may enjoy all the talk. However, the bottom line for me is, after doing just a little chi walking, my aching knees feel better. I'll continue even though I still think it looks silly.

This book has helped me integrate another method of exercise in a way that is not going to compromise my physical body. As I age, I look for different ways to exercise that gets my heart rate up and doesn't damage my body. ChiWalking was explained clearly, exercises for strengthening my core were provided which helped me with Chiwalking over long distances. Even though walking is a non-invasive form of exercise, the directions to Chiwalking, if followed, will help me be able to

maintain physical fitness well into my later years.

Love it - Danny has a very engaging and sensible way to help you correct the way you walk. I suffered from foot and calf pain, but I feel so much better after performing the exercises

Very well written and organized. It was a little long on rationale for my purposes, but specificity is necessary when changing ones walking mechanics.

A neighbor encouraged me to see her physican who specializes in back pain. During my first visit with Dr. Irene Minkowsky she suggested things I could do to help eliminate my lower back pain. She had a copy of "Chi Walking" in her waiting room. In that the way I was walking contributed to my symptoms, she recommended I try CHI Walking. Danny and Katherine Dryers book is easy to read & has good advice on posture, body alignment and how to strengthing our core muscles.

Never really thought about how I walk as I or we have been doing it pratically since birth, but as I have grown "older" and developed bad habits and bad posture this book emforces the "mindful" exercise of paying attention to all your bad habits and making self correction. This book continually reenforces good habits and I will reread this more time to remindmyself of those mindful habits.

My physical therapist recommended this book following my recovery from a broken leg. I've been walking and running wrong for decades!RAC

[Download to continue reading...](#)

ChiWalking: Fitness Walking for Lifelong Health and Energy Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) 10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Reiki: The Healing Energy of Reiki -

Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Body, Mind, and Sport: The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Opening the Energy Gates of Your Body: Qigong for Lifelong Health Average to Epic: A Mid-lifer's Guide to Endurance Sports and Lifelong Fitness Getting Back in Shape: 32 Workout Programs for Lifelong Fitness The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Pembrokeshire Coast Path: British Walking Guide: 96 large-scale Walking Maps & Guides to 47 Towns and Villages - Planning, Places to Stay, Places to Eat - Amroth to Cardigan (British Walking Guides) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2) Total Chi Fitness: Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)