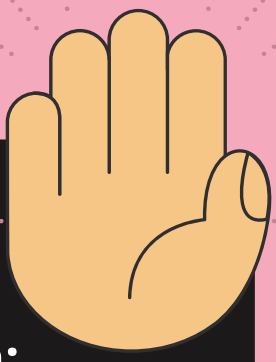
TIPS & TECHNIQUES

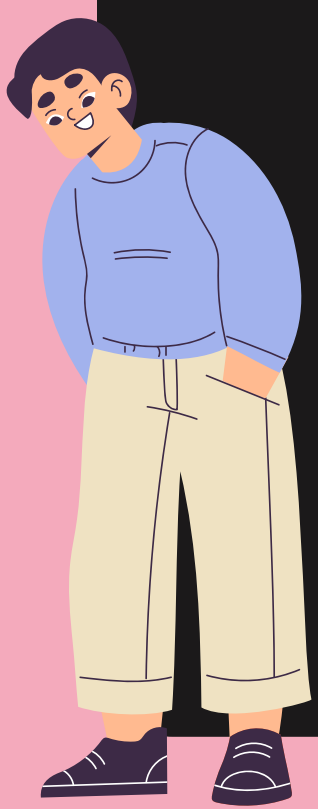
FOR PROPER WALKING FORM

DO

- **Maintain Proper Form:** Keep your head up, shoulders back, and your core engaged.
- **Walk Correctly:** Use a heel-to-toe stride with bent arms swinging straight forward, not across your body.
- **Swing Your Arms Correctly:** Bend your elbows at 90° and swing your arms straight forward from your shoulders, keeping them close to your body.



DON'T



- **Don't Slump or Look Down:** Avoid leaning forward or looking at your feet.
- **Don't Overdo It:** Avoid taking long strides or swinging your arms too forcefully.
- D**on't Overstride:** Take shorter, quicker steps to reduce stress on your joints.

HOWDY HEALTH

TEXAS A&M AGRILIFE EXTENSION | FAMILY & COMMUNITY HEALTH

Learn More

https://howdyhealth.tamu.edu/tips-and-techniques-for-proper-walking-form/