

## The Walk Yourself Fit Technique

So much has been said about walking as a sociable and environmentally sound activity. Whether you're looking for vigorous exercise or a more gentle workout, walking is easily integrated into your daily routine. You can take it up at any stage of your life, and provided you walk with the right technique and at the right pace, it can significantly improve your health and fitness levels.

The technique takes time to learn and needs to be practiced to ensure you are using it correctly and safely. Try building up your technique gradually by practicing each skill separately first. Once you are confident you've mastered each technique, put them all together. Your new walking style should look fast, smooth and fluid, and feel dynamic, energetic and effective.



### Tips for Travelers :

Its fun to travel and visit new and exotic places. It can be even more fun if you take some fairly common-sense precautions.

Long flights are dehydrating. Drink more water and juices rather than coffee or alcohol during a long flight.

Avoid the small chance of getting a blood clot during long flights. Take short walks, stand in the aisle and perform a few easy stretches. While seated, flex your ankles, and don't cross your legs.

Eat nutritiously. Its very easy to get caught up in high carb meals while travelling. Try and incorporate high proteins into your diet, proteins help you resist infections and builds muscles. Supplemental super-vitamins taken regularly will help you stay healthy.

Be choosy about the restaurants you eat at. Depending on where you are, be cautious about raw and uncooked food and fruit. Eat thick-skinned fruit .. Peeled.

Keep clean .. Wash your hands often, carry a hand sanitizer with you, however, hand washing is still very important to keep viruses away.

Try and get some exercise .. Walk, run, use your hotel gym and swimming pool.

Get enough sleep.. If not one night .. Catch up the next! Lack of sleep gives some people the sniffles!!

<https://www.ricksteves.com/travel-tips/health/staying-healthy>



**Feet and Ankles :** The aim of this technique is to hit the ground with the pad of your heel , roll through the foot and then *push off* with the toes, feeling your ankle *open out* as if you were pointing your toes. The push off and open out will help engage the correct muscles, namely the glutes and hamstrings to propel you forward smoothly and efficiently. **Absorb and show :** *Absorb the ground with your foot, and then show the soles of your shoes to the person behind you by really pushing off with your toes.*

**Pelvis and Hips :** The aim here is to adjust your pelvis in a neutral position to help prevent back and hip pain while walking. Engage your abdominal muscles to about 75% so that your lower back remains soft and supple. Try to ensure that your glutes are not tensed either. Swinging or tilting your hips can cause back or hip pain and reduces forward propulsion, so try and keep your hips level as you walk.

**Arms and Hands :** Your arms act as your accelerators and good arm movement is key to mobility and natural rotation in the spine. Bend your elbows to about 90 degrees and focus on making a long backward swing, and a short forward swing. The backward movement helps propel you forward and opens up your chest and shoulders, enabling you to breathe more easily. Keep your hands relaxed, and not clenched while you walk. When your hands swing forward, they should come slightly across your body with each stride, but not right up toward your chin.



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**Head and neck :** Allowing your shoulders to creep up toward your ears creates tension in your neck, shoulders and back. You can combat this by looking up and forward and focusing on relaxing your shoulders by increasing the space between your shoulders and ears. This also helps to open up your chest.

**And finally ...** As you walk, try not to lose focus on your technique. Every few minutes, run through each of the 4 techniques in your mind, Start with your feet and ankles, and work your way upwards to your head and neck, making sure you keep the same postural position throughout the entire duration of your walk.

<https://www.theguardian.com/lifeandstyle/2010/jan/11/walking-techniques-by-joanna-hall>



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**7 Tips for a great St. Patrick's Day! St. Patrick's Day is a great excuse to have fun and be green.**

**Skip the Corned Beef and Cabbage!** ..Apparently corned beef was originally reserved for kings and not for the commoner! Besides Beef can have a large carbon footprint.

**Be Safe** ..St. Patrick's Day is notorious for green beer. Whatever color of liquid you imbibe, do it safely.

**Wear Green, Be Green...** Why not go the extra step and wear green clothing that is eco-friendly? Clothes that are made from organic cotton, use sustainable dyes, are locally produced, and support a good cause.

**Try some Celtic Music..** Get into the spirit of the season with some Irish music.

**Be Crafty...** Cover your home in Origami Shamrocks made with recycled newspapers etc.

**Walk it Off...** This year, St. PATricks Day is just 3 days before the first day of spring, so it should be nice weather. Leave the car at home and walk to the parade or restaurant. Enjoy the greening of nature while walking and wear green while doing so!!

<https://www.mnn.com/lifestyle/arts-culture/stories/7-tips-for-a-great-st-patricks-day>

**Home-made Green Tea Exfoliator**

Ingredients :

- 1 Tbsp dried green tea leaves  
(2-4 tea bags depending on size of tea bag),
- 1 cup organic white or brown sugar (sugar should be soft, not large granules),
- ½ cup extra virgin olive oil,
- 2 Tbsp honey,
- 10 drops lavender essential oil (optional).



In a medium size bowl, combine all ingredients. Store in an air-tight container in a cool, dark place.

To use : apply a tbsp of exfoliator to your hands. Gently massage the skin (and/or face) for 30 seconds. Rinse with water and a washcloth.

<https://livesimply.me/2015/07/03/diy-homemade-green-tea-exfoliator/>

**Mint Chocolate Shamrock Smoothie Recipe :**



Blend together ...

- 1.5 oz fresh, organic green lettuce
- 2 dates
- ½ avocado, pitted
- 1 ¼ cups water
- 6 sprigs mint
- 1 banana, peeled
- 2 tbspc cacao nibs

When Cacao beans are roasted and ground, they become cocoa, but if they're slowly dried, they remain cacao, the rawest form of chocolate there is. Cacao is extremely high in anti-oxidants, and is often used as a natural mood elevator.

This healthy version of a chocolate shake also uses mint in its natural form which is known to help with digestion, and give a little boost to your energy. Pro tip : add the cacao nibs at the end and blend for a few seconds to give the smoothie a chocolate chip crunch.

**Nutrition ... 243 cal, 15g fat, 27 g carbs, 3.6g protein per 12-ounce serving. Yields 2 servings.**

<https://greenblender.com/smoothies/recipes/avocado-cacao-banana>



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**WONDERFUL RECIPE FOR SPRING  
 (and ST. Patrick's Day)  
 Serves 6 generously**

Ingredients:

- 2 tbsp olive oil; 1 tbsp unsalted butter;
- 4 shallots, cut crosswise into thin slices; 1 lb sugar snap peas, trimmed;
- 1 lb asparagus, trimmed and cut diagonally into ½ in slices;
- 3 lb fresh fava beans (or frozen lima beans);
- 3 inch strips of lemon zest cut crosswise into julienne strips;
- tsp fresh lemon juice

Method:

In a large skillet heat 1 tbsp oil and ½ tsp butter over medium heat, sauté shallots for 2 minutes. With a slotted spoon transfer shallots to a small bowl. In fat remaining in skillet, sauté sugar snap peas with salt to taste, stirring occasionally, until tender crisp and add to shallots. In skillet heat remaining olive oil and butter over medium heat and sauté asparagus until tender-crisp. Add fava or lima beans and sauté 2 minutes. Add zest, lemon juice, snap peas and shallots. Salt and pepper to taste and sauté, stirring until just heated through.