



# ChiWalking: Fitness Walking for Lifelong Health and Energy

By Danny Dreyer, Katherine Dreyer

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**ChiWalking: Fitness Walking for Lifelong Health and Energy** By Danny Dreyer, Katherine Dreyer

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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**Bibliography**

- Sales Rank: #40594 in Books
- Brand: Dreyer, Danny/ Dreyer, Katherine
- Published on: 2006-04-04
- Released on: 2006-04-04
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x .70" w x 6.12" l, .96 pounds
- Binding: Paperback
- 272 pages

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Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try factor that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love ChiWalking: Fitness Walking for Lifelong Health and Energy, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't buy it, oh come on its known as reading friends.

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