

STEP SMART

Unlock the secrets to a healthier, more efficient walk or run with these essential tips for optimal gait.



Footwear

Select shoes with adequate arch support and comfort. Ensure they are appropriate for your foot type and activity. Be mindful of walking surfaces since uneven or exceptionally hard surfaces can increase the risk of injury.



Posture

Keep your neck and shoulders relaxed. Maintain good posture with your body aligned, head up, and shoulders back to distribute weight evenly and reduce joint and muscle strain.



Stride Length & Width

Keep your stride length comfortable; avoid overstriding to prevent shin splints or knee pain. Avoid “crossover” gaits where your feet land on or across the midline.



Stride Rate

Aim for a natural, comfortable pace. For runners, a short and quick stride rate is often efficient. If needed, use a metronome app to help pace your running stride.



Heel-to-Toe Technique

Walk with a smooth heel-to-toe roll. Runners can opt for a midfoot strike to reduce heel and knee impact, but stick to your natural foot strike if it works for you. Keep your lower leg at a 7-degree angle from vertical at foot strike. In the last stride, use your big toe for propulsion.



Strength & Flexibility

Strengthen and stretch leg muscles, focusing on your hips and core, to support joints and improve movement efficiency. And don't forget about proprioceptive exercises to improve your balance.

Integrating these strategies into your routine can enhance your walking or running experience, reduce injury risk, and enjoy greater mobility and comfort.