



# ChiWalking: A Fitness Walking Program for Lifelong Health and Energy

*Danny Dreyer*

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## **ChiWalking: A Fitness Walking Program for Lifelong Health and Energy** Danny Dreyer

Danny Dreyer has taken the benefits of walking-improved cardiovascular and aerobic health-and made it even better! Combining the best of modern biomechanics and the wisdom of t'ai chi, he offers ChiWalking, a revolutionary fitness programme for achieving maximum physical, mental, and spiritual health. This easy-to-follow method has helped thousands around the globe, regardless of body shape or athletic ability, to walk longer distances with greater ease; lose weight; eliminate back, knee, or hip pain; and get into great shape inside and out. Join this renowned walking and running coach to explore: bull; The Five Mindful Steps of the ChiWalking technique bull; Simple exercises to warm you up and cool you down bull; Ten guided practices each with a specific fitness goal-from cardio and hill routines to energizing and calming workouts bull; Cultivating your chi skills of focus, body sensing, flexibility, breathing, and consistency bull; Expert tips and insights for creating your own customized walking practice With a complete photo-illustrated guide, ChiWalking will help you transform walking from a routine activity to a highly rewarding practice that enhances your mental, emotional, physical, and spiritual well-being.

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