

# Take off the weight, fast!

Walking and running have always been ideal ways to drop pounds. But now, new stride techniques, shown here, may help you see results even faster. Refer to the gait guide below to perfect your posture, foot strike and arm position. Do either method five days a week to lose five pounds in a month.

save this training guide!



**RUN** leaning forward slightly from hips.

**RUN** bending elbows 90 degrees and swing them at sides, without crossing hands in front of body.

**RUN** looking about 20 yards ahead as you go.

**RUN** landing on your forefoot—not on your heel or toes.

## ← Run this way...

Imagine that you're running over hot coals—land on your forefoot and lift each foot quickly off the ground to keep your heels from making contact. "Many runners strike down with their heels, but that breaks your forward momentum," says Danny Abshire, cofounder of shoe manufacturer Newton Running. "Landing on your forefoot helps maintain the movement, making it easier to stride and to speed up. It's also less jolting on your joints."

## Or, walk this way...

Resist the urge to roll from heel to toe as you stroll, and aim instead to land and lift off only from the middle of your soles. That's the key to the ease-it-up ChiWalking (and ChiRunning) approach. This method also infuses tai chi basics—good posture, rhythmic breathing, relaxation—into every step, says its creator, fitness expert Danny Dreyer.

- Land on the pad just behind your midfoot (the area under your arch), not on the back of your heel.
- Pick your foot back up immediately to keep momentum. Do not push off with your toes.
- Stand tall, with a slight tilt, so you lead with your shoulders.
- Keep your pelvis level, abs tight, shoulders relaxed and eyes straight ahead.
- Keep elbows bent and swing them behind you.
- Take steps that are no more than 75 percent of your usual stride. To speed up, increase your steps per minute, not your stride length.

## New high-tech shoes

**Midfoot New Balance WR800**  
This running shoe, recommended by Dreyer for both ChiWalking and ChiRunning, encourages midfoot strikes, with **added cushioning** in that area. (\$110, newbalance.com)

**Forefoot Newton Running Cure Distance-S**  
These light sneaks have a **raised tread** under the forefoot to help you hit that sweet spot. (\$160, newtonrunning.com)



LAURA DOSS: STYLIST: DANA RAVICH FOR ARTISTSBYTIMOTHYPIANO.COM; HAIR: TONY LUCHA FOR CREATIVE MANAGEMENT AT MC2; MAKEUP: VICKIE GRANADO FOR CREATIVE MANAGEMENT AT MC2; LEFT TO RIGHT: BEST FORM SPORTS PRA, EVERLAST SHORTS, AVIA SHOES, EVERLAST SPORTS BRA, AMERICAN APPAREL