



# ChiRunning



# ChiWalking

# Chi Running & Chi Walking



ATTENTION all runners, walkers and wanna-bes! Want to improve your run or walk times? Tired of getting shin splints or having sore knees and hamstrings? Want to start yourself on a walking or running program, but not sure how? This is your opportunity!

ChiRunning® is a revolutionary running technique and philosophy that incorporates principles from T'ai Chi, creating a running practice that focuses on running safely and efficiently so there's less stress to your body. You'll learn to add new levels of relaxation to your running through proper alignment to be able to run for longer distances and to improve your speed.

ChiWalking® technique emphasizes good posture, loose joints, engaged core muscles, and being mindful of your movement. This approach makes walking easier on the body and helps eliminate the aches, pains and discomfort of walking incorrectly. The benefits are far reaching.

**WHAT:** Chi Running and Chi Walking are programs that train us to get fit without injury, eliminate aches and pains, and move at any speed with less effort.

**WHERE:** JCC (1st session, meet in Room 306)

**WHEN:** Sundays, starting May 20 (closed May 27) ending July 1  
Running: 10 - 11:30 am  
Walking: 12 - 1 pm

**COST:** \$75 for ChiRunning *(includes video analysis of your running form)*  
\$45 for ChiWalking

**Register soon - space is limited for this session!**

More benefits of ChiRunning® and ChiWalking®:

- The Keys to Effortless, Injury-free Running and Walking
- The Physics of Running: Run without Using Your Legs
- Introduction to the Chi Running and Walking Form
- Injury prevention techniques
- Personal Check-in Tricks and Tools
- Core Muscle Drills and Exercises
- Pre-run Body Looseners, Post-run Stretches
- Innovative technique drills
- How to conserve energy at any speed

Come, prepare to listen AND move!

For more information, check out [Facebook.com/ChiRunning](https://www.facebook.com/ChiRunning) or check the website [ChiRunning.com](http://ChiRunning.com) or [ChiWalking.com](http://ChiWalking.com)

To register, please contact the Fitness Center Desk Staff or beth McCullough, Fitness Program Director at 559-6207 or [bmccullough@columbusjcc.org](mailto:bmccullough@columbusjcc.org).

