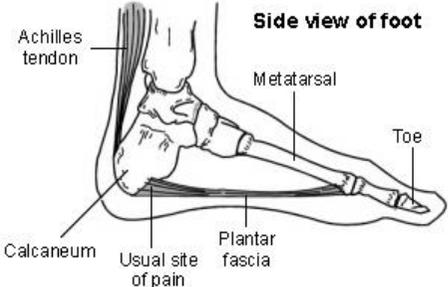


Exercises that will help you stay injury free and continue to enjoy your walks

Exercise	Technique	Why
<p>Feet Rolling:</p> 	<p>You can use a golf ball, tennis ball or any hard ball to do this:</p> <p>Place ball beneath ball of foot Put weight into your foot and slowly roll the ball down toward your heel Release the weight off the ball and roll the ball back up toward your second toe and continue rolling the ball from heel to every toe. When you are finished, lightly roll the ball all over your foot, like you are scribbling on your foot with the ball. When you have done your first foot, take your foot off the ball and feel the difference between your feet. You may notice, the foot you have just rolled feels lighter, warmer and bit more alive!</p>	<p>One of the most common complaints from walkers and runners is Plantar Fasciitis, it is when the thick band of connective tissue between your mid foot and heel becomes injured, with or without inflammation. The Ball Rolling exercise can help to keep the fascia free from tightness and relieve the pull from the Achilles Tendon</p> 
<p>Calf Stretch:</p> 	<p>Stand with your feet hip width apart Step back with one foot, check that your back foot is straight and facing forward Bend your front knee and feel the pull in your calf Hold the stretch for a count of 10 Now lift the big toe of your back foot off the floor Hold this for a count of 10 Change legs</p>	<p>Your Calf, Achilles Tendon and Plantar Fascia are all connected, the Calf Stretch will help you stop developing Plantar Fasciitis and also help with stiffness in your ankles.</p>
<p>Leg Swing:</p>	<p>Stand with your feet hip width apart Hold onto something Keep your back straight and tighten your tummy</p>	<p>Your Hip Flexors, which attach your upper body to your lower body, run from your lower back and down the front of your thigh, used a lot in walking.</p>

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	<p>Swing your leg, forward and back, without arching your back x 10</p>	<p>Warm them up before your walk and you can avoid, hip and lower back pain.</p>
<p>After Your Walk</p>		
<p>Repeat your Calf Stretch from above</p> <p>Cat Stretch</p> 	<p>Come onto your hands and knees, hands under shoulders, knees under hips. Bring your spine into its natural position, including your neck Round your spine up and then bring it back to the start again</p>	<p>When we are walking, the muscles supporting your spine help to maintain your posture. Gently moving your spine after a long walk can help the spine stay mobile and stretch the muscles that support you all day long. This exercise can help relieve some back pain.</p>
 <p>Piriformis Stretch</p>	<p>Lie on your back, feet hip width apart. Cross your right ankle on top of your left thigh. Tighten your tummy and lift your left foot off the floor. Continue to breathe normally. Hold this position for a slow count of 10. You should feel this deep within your right hip and side of your buttock. Repeat on the other side</p>	<p>Your hip muscles, work with your lower back to support you as you are walking and climbing stiles. This stretch allows the hip to retain mobility and stretch tight muscles.</p>