



Fit for Life

Walking: T-Tapp Style

Let's continue our journey into the T-Tapp world and talk about walking. Sure, walking is a pretty basic skill, but ask yourself this: Are you getting the most out of your stride?

In previous articles, I have discussed the importance of "linear alignment" and opening the pathways from

the brain to the muscles (neuro-kinetic flow). This is also true in the way you walk.

If you are reading this sitting down, then stand up. Now, walk a few steps (in any direction). Take note of your body's position.

Now try it the T-Tapp way: Feet straight forward with no turn out. This allows for the knees to re-

track and will help in burning off that "knee knocker" fat (the fat that accumulates inside the knee). As you are walking, pay attention to your foot position. It is very common, as you are walking, for the dominant foot to start to veer out.

The next step (no pun intended) to maximizing your walk is to keep your back straight and your

shoulders back. So many of us walk with our heads down and our shoulders slouched forward, like we are looking for something we lost on the ground. By keeping your body upright, you maintain that all-important alignment of the shoulder to hip, which is instrumental in whittling away the inches around the midline.

Furthermore, keeping the shoulders back and the shoulder to hip alignment creates a more cardiovascular workout. The heart rate will go higher than if your body is out of alignment. As your shoulders come forward, your heart rate will go down. Think of how some people walk on the treadmill; leaning forward onto the handlebars and looking down. They are not getting the most out of their workout.

In addition, as I have mentioned in some of my other articles, T-Tapp focuses very heavily on keeping the latissimus dorsi ("lats") contracted. This is extremely important for working off back fat. By walking with the shoulders back, the lats remain engaged, and thus, you are working more muscles.

Another key to maximizing your daily walk is to keep your rear end tucked; like a bad dog tucks his tail. In doing this, you not only keep your lower back protected, you contract your abdominal muscles. Again, muscle contraction aids in toning up and cinching in the area in question.

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Finally, the signature move in all T-Tapp workouts is pushing your knee out to your little toe (known in T-Tapp circles as "KLT - Knee to Little Toe"). By doing this, you are using more of your muscles more completely. And again, it also serves to help in the contraction of your abs.

If you are doing all this, I know what you are thinking: "This feels strange." At first it might not seem "natural," but the fact of the matter is that it is really MORE natural. You are putting your body back in into its true alignment. Thus, it will begin to function more efficiently in a variety of ways.

If you have any questions, or would like more information about T-Tapp or any other fitness matter, please contact me @ (408) 981-1566 or email me at homerun.personaltraining@verizon.net.

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