

**Walking - The best integrative exercise of all, depending on how you do it (ENG)
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Do you know the path it has to take to work better, stronger, and with lasting benefits? Many of my clients tell me they either like to walk but can't do it, or, try to some walking but then run up against discomfort.

Walking not only provides the minimum daily requirement of movement, but also has several supplemental benefits. If you look at people walking in public places, most of us have an instinctual, intuitive sense of which way of walking does not look right. But does that mean you know how to get either yourself or someone else back on the efficient path.

To do that means to know the 'pathway' of transmission through the body. And while there is certainly more than one variety, they all must follow and go through the 'core'. This is the only way that the central nervous system (CNS), can actually track the image of the movement.

What do you see in the form of walking that looks more smooth and "organized"?

What you see is what I have described in detail as Path #4, the grand spiralic.

Though there may be 200 muscles involved, there are key myofascial (muscle and connective tissue) links through the core. The core is very specific. Either you are using it or you are not. (yes, you can be on the core path part-time)

Learning the map of the body and the pathways means less guesswork, less "mucking around", less trial and error, and more direct and satisfying results.

The pathway also means smooth, resonant motion, which is incompatible with pain. This is how the body was meant to be.