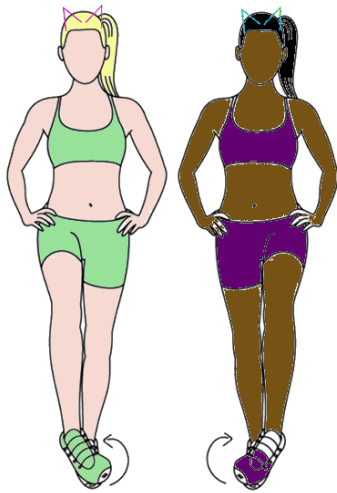


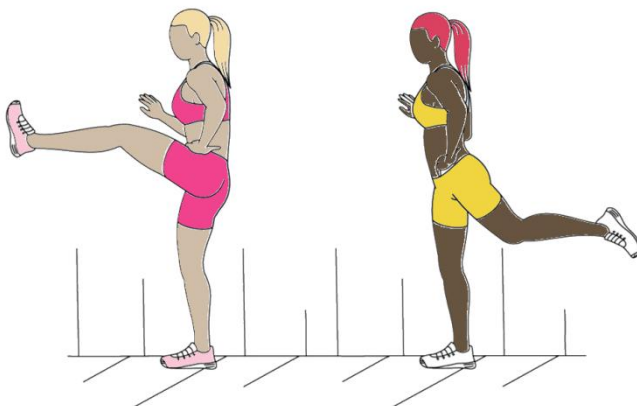
Warming Up Before The Walk

Why warm up? Giving yourself an easy start will allow your body temperature and heart rate to rise, which will prepare you for any level of activity. As the temperature of your muscles and joints increase, they become more compliant and less prone to injury. Also, capillaries in your muscles dilate, which increase blood flow and help to deliver extra oxygen to your working muscles.

A gradual warm-up can increase your comfort level and your performance at any speed. Try these five simple exercises prior to the walk, which target specific muscles and movements central to walking. Each exercise is done standing up. If necessary, rest one hand on something for balance. By spending 30 seconds on each of these exercises, the whole routine takes **under three minutes**.

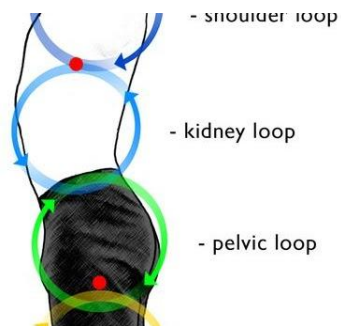


Ankle Circles: Stand on one foot and lift the other off the ground. Slowly flex that ankle through its full range of motion, making circles with the toes. Do six to eight in each direction, then switch feet and repeat.

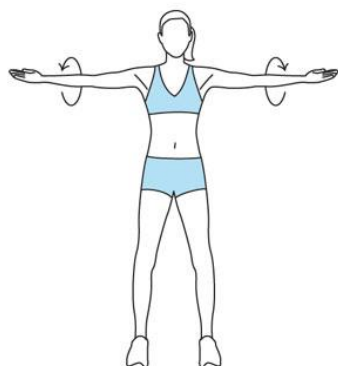


Leg swings: Stand on one leg. Swing the other loosely from the hip, front to back. Use a relaxed motion like the swinging of a pendulum. Your foot should swing no higher than a foot off the ground. Do 15 to 20 swings with each leg.

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Warming Up Before The Walk



Pelvic loops: Put your hands on your hips with your knees gently bent and feet shoulder-width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back, and to the right. Then reverse directions and repeat.



Arm circles: Hold both arms straight out to your sides. Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake your arms out, then repeat with 10 to 12 forward circles.



Hula hoop jumps: Begin jumping lightly in place on both feet. Then, with your head and shoulders facing forward, twist your feet and lower body left then right, back and forth as you jump, 20 times.