



# ChiWalking: Fitness Walking for Lifelong Health and Energy

*Danny Dreyer , Katherine Dreyer*

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From the authors of the bestselling *ChiRunning* comes a revolutionary program that blends the health benefits of walking with the core principles of Tai Chi to deliver maximum physical, mental, and spiritual fitness.

The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer.

In *ChiWalking*, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and Tai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body.

The five mindful steps of the *ChiWalking* program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out.

1. Get aligned. Develop great posture and better balance.
2. Engage your core. Make back and knee pain disappear.
3. Create balance. Walk faster, farther, and with less effort.
4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh.
5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

## ChiWalking: Fitness Walking for Lifelong Health and Energy Details

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## From Reader Review ChiWalking: Fitness Walking for Lifelong Health and Energy for online ebook

### Maverick says

This is an excellent book. It really addresses the importance of good posture and the correct stance for walking. It's approach to walking is to help improve fitness and avoid injuries. The hiking section was my personal favorite part of the book.

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### Jessie says

Great tips for walking with healthy posture and without injuring your joints, etc. But too long. Too much "live a better life" - blah, blah, blah - stuff for me. I think it could have been much more concise. But I'm practicing the Chi Walking and so far so good!

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### Jess says

Lots of fluff and exercise philosophy that doesn't contribute a lot to the methodology presented. The bones of this book though are great - good advice about posture and breathing as well as useful suggested walking routines.

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### Maria says

I started reading Chi Running, but given my knee issues, picked this up instead. I like the focus on proper bio-mechanics and I'm attracted to the idea of turning walking/running into a mindful, meditative practice. Some of the chapters are a bit extraneous and the technique section probably requires a couple more re-reads (& possibly the DVD). Will look to incorporate some of the different focuses over time, but ultimately the benefit will come from consistency and practice.

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### Megan says

Great information and techniques. I'll definitely be returning to this one for ideas to help my posture, breathing, and technique. Also has good ideas for different types of walks (i.e. aerobic, relaxing, cardio) which I will be returning to as I recover from a (not walking related) knee injury.

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### Liaken says

I wish this book were more tightly edited. It falls into the trap of emoting just long enough to lose my interest

and then suddenly giving some actual information again. The information and philosophy of the book are good, and the pictures are helpful. I'll probably buy it when I move to Oregon and start walking all over the place.

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### **Martha says**

Inspired by my certification as a T'ai Chi: Moving for Better Balance trainer, I secured this book from the library. It gave reinforcement to my belief in this technique as well as providing new information for improving health, wellness, strength, posture, longevity, clarity and calmness. Will share with my class at St. John's.....

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### **Tanya says**

Discusses five mindful steps to developing a walking program.

- 1) Get aligned - develop better balance and great posture.
- 2) Engage your core - eliminate back and knee pain.
- 3) Create balance - walk faster & farther with less effort
- 4) Make a choice - 12 different walking programs (I really liked the matrix that describes the walking program and different benefits & cadence associated with that program (p 137), This is considered the most important step and it reflects a culmination of the previous three preparatory steps.
- 5) Move forward- be mindful as you walk and any distance can be an enjoyable experience no matter what your fitness level.

This book has made me more mindful of my posture in all activities, including resting in bed just before falling asleep. It's helping me to remember to establish an aligned position with my core as a foundation, and incorporate the lessons I learn from my Pilates class at other times.

The book emphasizes being consistent to gain the most from this program. The way it encourages this is through emphasizing the walking program is something one should place equal importance to all other high priority activities in one's life and one should be intentional about the fitness program because it is not just a workout, but an opportunity to practice relaxation, proper breathing, & expansion of personal vision. It sounds hokey, but it encourages one to have a relationship with one's body that is one of integrity and intention to allow it to become a vehicle for personal growth.

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### **Cinnapatty says**

Well, OK, I didn't finish this book. I only got half way and I had to return it to the library! I renewed my limit. Bummer. I'll have to get it again. I liked it. I learned a lot about posture and walking. A completely different way of walking, but it works! This built on what I had learned about Chi in Chi Gong and Tai Chi videos. Great stuff. It totally helped me in a solo 13 hour drive. I kept my shoulders relaxed, my weight balanced, and used the belly breathing to keep my body from seizing up. I didn't have so many knots in my shoulders as usual and I arrived back home in pretty good shape all things considering. I notice a difference

in the way I carry my body and I have a lot less stress and tension in my shoulders and neck. This isn't a quick, easy read. There's a lot of information to digest (hence the reason I couldn't finish). You have to try things out and figure out what they're saying. It's worth it for me.

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### **Andrea says**

Basic on the foundations of Tai Chi, this book teaches others how to move with less effort and less strain on the body. This was a very helpful for anyone who is wanting to learn how to move better, learn more about improving one's form or preventing injury.

I especially like learning more about the principles of Tai Chi.

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### **Heather Pagano says**

Good explanation of how to chi walk and how to develop a walking program. The postural and nutrition segments in the book are pretty much the same as the info contained in the chi running book. Dreyer does make the differences between chi running form and chi walking form very clear, and has lots of useful tips and tricks, as well as suggestions for how to incorporate what you've learned from chi walking into everyday life.

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### **Colleen O'Neill Conlan says**

My physical therapist friend recommended this book about a new approach to walking for fitness and well-being. The primary author (it's written with his wife) has studied and practiced T'ai Chi for many years, and brings that sensibility to walking.

I'm generally not keen on the way self-help books sound—a little chummy, a little infomercial-y—and this book is no exception in that regard. There are also some science-y sounding assertions that almost make me wonder about the truth in the rest of what he writes. Things like how not drinking enough water can lead to a sinus infection—I suppose in the scenario he lays out, it's a possibility...maybe. Worse, he writes many times about how this kind of walking takes advantage of gravity: "Gravity pulls you forward, providing most of your forward propulsion" (pg 70). Last I knew, gravity is a downward force, not a forward one. This idea is repeated throughout the book.

But I like the essentials of this kind of walking, the body mechanics. My biggest takeaway was "Level your pelvis." I'm a long-time walker/hiker, and but this one action immediately engages my core and makes me feel stronger and straighter. There is a lot of information on integrating mindfulness while walking, which seems pretty solid. If this kind of walking appeals to you, he offers a "menu" of many different kinds of walks, and using this approach on hiking trails or on a treadmill. Lots of information, all very thorough.

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### **Salam Tims says**

Can't say enough about this book! Incorporating practices from Tai Chi and Chi Gong, it shows you how to make walking a truly energizing practice that unifies body and mind and grounds the walker. Learn and practice this technique to let gravity and chi do the work while you (mindfully enjoy the walk!

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### **Reuel says**

Because I found ChiRunning extremely beneficial, I decided to read/try ChiWalking. However, unlike ChiRunning, ChiWalking doesn't come all that naturally for me. As with ChiRunning, after I read ChiWalking I first tried out the technique on my own and then took a workshop with a certified ChiWalking trainer. I've continued to try out the technique in the four months since I read the book, and I'm getting better at it, but I still revert to my old way of walking because it's more comfortable.

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### **David Whitesell says**

Liked it just as much as the first time I read it. This time, I read it and listened to it while I am training to walk a marathon. Really makes it easier to walk long distances with minimal exertion.

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