



WALKING TO GET IN SHAPE

Dr. Jean Drouin, Denis Pedneault & Roberto Poirier

Staying in shape in an enjoyable way by means of an activity available to all and gradual training, in the city or in the country!

About 208 pages

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Which physical activity perfectly adapted to human bio-mechanics works on coordination, balance and agility, as well as improving mobility, respiratory capacity, mood, muscle strength, endurance and posture and promoting a healthy weight? This book, written by a doctor and two kinesiologists, is THE reference book for walkers of all ages and levels. It includes all necessary information on the choice of shoes, auxiliary equipment (cleats, walking sticks, backpacks), technique (depending on the incline of the terrain, its surface, baggage weight, equipment, etc.) and movements recommended to avoid injury.

Various training programs for everything from urban walking to mountain hiking, as well as treadmills, are suggested; they are accompanied by fifty targeted exercises to do before, during and after these activities. Lastly, wise advice is given to pregnant women, older people and those with pain or limitations, so they too can get the most out of their walking and progress at their own speed.

Strong points

- This practical, accessible and thorough book will become the new walkers' bible!
- Clearly explained contents aimed at all walkers, whatever their age, level or training intensity.
- A book chock-full of specific advice, concerning, among other things, technique, the chosen terrain and injury prevention.
- A user-friendly, high-quality book, containing many colour photographs, diagrams and illustrations.

Dr. Jean Drouin is a general practitioner and clinical professor at Laval University. He has undergone training in acupuncture, osteopathy, homeopathy and integrative medicine.

Denis Pedneault is a kinesiologist-physiotherapist specialized in postural evaluation and the prescription of adapted exercises.

Roberto Poirier is a kinesiologist, physical educator, and ergonomic evaluator.

By the same authors

EXERCISES THAT HEAL

Vol. 1: Ailments

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Vol. 2: Posture Problems

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Vol. 3: Preventing and treating sports-related injuries

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