

Latest research on walking-exercise by - 'Josef DellaGrotte, Phd, fisio- trainer' January 2023

## **We are born to walk. But where have all the walkers gone?**

Walking is primary and universal, fundamental to our very body and brain's 'functional' abilities to manage and carry out all of our intentions, needs, wants, desires and curiosities. Without this primordial movement ability to walk, life as we know it would be severely compromised and unsustainable. Land based creatures great and small also do it. But humans do it in a unique way. For as long as we have been around, walking made hunting and gathering possible. With the great climate changes some 70,000 years ago, homo sapiens' ability to track animals, and walk long distances made the difference both in survival, and beyond, migrating out of Africa eventually reaching all the continents.

Imagine the further benefits if one walks better, using basic movement skills that improve...

## **Posture, Alignment, Balance, Breathing-and Enjoying!**

With good biomechanical movement as the base, we have been able to develop even further. There are now many varieties, variations, and creative combinations of walking gait movements-all deriving from a *common core* of physics and center of gravity based movement patterns. Walking well is a built-in functional ability modulated by

our brain, moment to moment, a precise physics-based action with neural sensation and feeling components. Adding in posture, alignment, balance, and brain control, the patterned movements of walking can be applied to many other derivative activities, from dancing to running, swimming, gymnastics and all sports and performance. The applications are endless.

JAN 2022: new research shows that “20 minutes of walking, or equivalent exercise, “reduces both cancer and heart diseases”..

And if you did nothing else but just walked well, frequently and sufficiently, this natural activity alone is enough to keep you well and fit, benefiting all of your body's major organs, fluids circulation, and even enhancing brain health, plus extending longevity. The science and the statistics tell us so.

-Josef DellaGrotte, Phd, fisio- trainer