



likely to 'float' over the ground. In contrast, the more downwards you look, the more you are walking into the ground rather than over it.

Of course, you have to look to your footing on rough ground, but aim to make that a quick, downward scan with the eyes alone rather than a permanent, head-down position.

Just as some people use extra energy to move the body side to side while walking, others use extra energy to bob it further up and down with every step. They do this by allowing themselves to sink a little every time a foot contacts the ground and then 'vaulting' off that leg as they continue forwards.

It's a system that sounds relatively logical and feels natural, given enough

Checklist for efficient walking

- Imagine walking along a beam
- Allow your head to stay level
- Look to the horizon
- Let your arms swing freely
- Don't forget to breathe out!
- Use lightweight kit
- On hills, take small steps and zigzag
- Use trekking poles, especially downhill.

📍 Neville and client on a hillwalking 'walkshop'



practice. But if you observe people who walk elegantly, you'll notice they hardly bob at all. This is because they rise with every footfall, rather than sinking into each step.

Again, these habits don't need muscular effort to change; it's the thought that counts. In this instance, depending on the individual, either thinking 'up' or paying attention to maintaining tone in the standing leg during heel strike is usually sufficient.

A BETTER BODY

So much for the feet and the head. What about everything in between? Well, consider that walking is a whole-body (and potentially whole-mind) activity.

Your arms should swing freely in productive opposition to your legs – right >