

STEP BY STEP: WALKING YOUR WAY TO BETTER HEALTH

從步態看健康

10,000 steps a day can add years to your life or pain to your joints, depending on your walking gait. Is the way you walk building your body up or breaking it down? Chiropractor Joyce Huang gives you everything you need to know in order to walk your way into better health.

Everyone's heard the new conventional wisdom that ten thousand steps' worth of walking per day can do wonders for your metabolism, heart health, and general longevity. But people rarely think about how the way we walk affects us when we do more of it. Chiropractor Joyce Huang is here to tell you that how you walk is every bit as important as how much, because an unhealthy gait can do more harm than good.

Dr. Huang shows us how to identify the ten most common issues in the average person's walking gate, including unhealthy pronation, heavy step, heel-dragging, and several more. Drawing on over ten years of clinical experience as well as years of study and certification in Canada and America, Dr. Huang explains the physiological consequences of the many idiosyncrasies we have in our gait, and offers specific plans to correct them by improving form, strength, and flexibility.

Clear illustrations supplement easy-to-understand scientific explanation in this immediately accessible guide to our most basic – yet also most critical – physical process. Want to get the most out of 10,000 steps a day? Then *Step by Step* is a must-read manual for walking your way into new and better health.

Joyce Huang 黃如玉

A graduate of the Canadian Memorial Chiropractic College and once a practicing chiropractor in Toronto, Joyce Huang returned to Taiwan



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to raise awareness of the importance of chiropractic health. She currently oversees the Ao-Han Academy of Health and Nature, which educates citizens about posture and body awareness. She's published several books, including *Ending Chronic Pain* and others.

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By Joyce Huang

Translated by Eleanor Goodman

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01. First, stand tall
02. Keep the gaze straight ahead and do not look down
03. Keep the neck at a natural angle
04. Do not lift the chin
05. Do not collapse or lift the shoulders
06. The arms should swing slightly
07. The joints should naturally loosen
08. The back should tilt slightly forward
09. Tighten the abdominals and core muscles
10. Stick out the pelvis and hold in the buttocks

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FAQ: Answers to Common Questions Regarding Gait Corrections, Exercise, and Functional Shoes

All about walking: Don't take another step until you've really learned how to walk!

- If a toddler learns how to walk with a walker, will it influence their leg development?
- My child walks funny – do I need to correct it right away?
- If I walk correctly, can I lose weight just by walking?
- Since running burns more calories, is it better exercise than walking?
- Is running really bad for my knees and joints?
- Is it better exercise to swing my arms while I walk?
- Is it healthy to walk backwards?
- If I go down stairs backwards, will my knees hurt less?
- I have bone spurs, so why don't my feet hurt?
- If my feet are weak and swollen, how should I go up and down stairs?
- Should I be walking a lot if I have osteoporosis?
- I've had surgery on my back – shouldn't I be resting instead of walking?
- I have varicose veins in my legs that are very obvious – can walking make them better?

All about shoes: What you should know from a medical point of view

- How do I pick shoes that are appropriate for me?
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- Why do I find high heels comfortable and flats painful?
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- Should I get shoes a size too big so my child can wear them longer?
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- Is it better to wear "barefoot shoes" while I'm running?
- What kind of insoles will help my sore feet?