

## Run for Life

Are you a runner? Can you picture yourself running in the years and even decades ahead?

Have you wondered if you will be healthy enough to continue running in your 70's 80's and beyond?

Yes! You can run for the rest of your life! You might choose a slower pace as an active senior but more importantly, you will be happy going out for your regular run.

How will this be possible?

### Running posture

Why is your running posture so important?

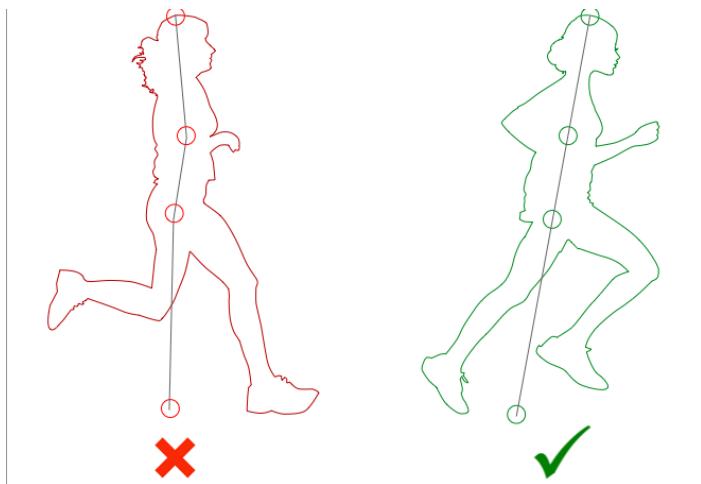
The following are just some of the benefits you will enjoy with practicing proper running posture.

- avoid excessive wear and tear on your joints
- decrease the impact on your spine, hips and knees
- breathe easier
- relax your shoulders and neck
- go faster with less effort.

What is good running posture?

Proper running posture involves maintaining the correct alignment of your joints while using a slight forward lean. From the side view, your foot, hip, shoulder and ear are in a straight line. This imaginary line is tilted about 15 degrees forward. The faster you run, the more you will lean forward. Consider your lean to be your gas pedal. If you are leaning forward with good alignment, you will naturally land your foot under or slightly behind your hips. This will prevent over striding which is the cause of so many running injuries

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How do I get into proper posture? Try these steps.

- Reach your arms up to the sky. Feel your back and neck lengthen, then relax your arms down at your sides while maintaining the lift through the spine.
- Keep your belly button tucked gently to your back. Lean slightly forward until you are forced to step forward.
- Keep that lean and keep stepping forward! Pick up your feet (no shuffling), keep your knees bent and start to speed up.
- Decrease your lean to slow down to a stop

What should I do today to become a better runner for the years to come?

- Stretch your calves, feet and hip flexors
- Strengthen your glutes
- Slow down your pace for a while
- Do a posture check every couple minutes while running
- Always have good posture in your daily life
- Reach for the sky and lean forward before you take the first step of your run
- Start seeing a chiropractor to improve your posture

See you out there! Or contact me to discuss technique with your running group!

Dr. Marcy Kimpton BSc DC practices out of our Sunridge and Renfrew Optimum locations. You will find her running on the Riverwalk pathway or out on the trails.

She has been running injury free for many years and plans on running in her 90's and beyond!