

Article Title: 5 Benefits of Low Impact Walking

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Description: A new type of walking exercise, low impact walking, can be done with a new kind of walking shoe. Learn the 5 benefits of low impact walking that you do wearing the Masai Barefoot Technology (TM) or the Skechers Shape-Up (TM) walking shoe, among others.

Article Text:

People with knee, hip and low back injuries will find low impact walking, especially if they wear walking shoes designed to enhance fine muscle development, to be very beneficial. Learn more below about low impact walking with MBT Masai Barefoot Technology (TM) or Skechers Shape-Up (TM) walking shoes below.

What is Low Impact Walking?

Low impact walking reduces the force of your heel striking the ground as you step. It also actively promotes the natural rolling motion of the foot: from your heel up the side of your foot over to the ball and toes. This is the most comfortable walking motion, but no shoes until now allowed it on hard surfaces like concrete and asphalt.

What MBT and Skechers Shape-Up Shoes Do

The MBT (TM) and Skechers Shape-Up (TM) shoes help your foot recreate this normal pattern of motion. The shoe sole is a rocker shape like the hull of a boat or the blade of a figure skate. This shape allows the foot, ankle and leg muscles to roll the foot as you walk, promoting healthy movement along the entire body from toes to hips.

### **Benefit #1: Improved Balance**

Low impact walking in these specialized shoes improves your balance by allowing the small muscles around the ankle and knee joints to do their job of stabilizing the joint as you walk.

### **Benefit #2: Improved Posture**

The placement of your foot on the ground and the movement of your legs and hips will become more natural and your posture will straighten while wearing the MBT or Shape-Up shoes. You will be able to walk with your head and neck up straight instead of leaning your torso forward.

**Benefit #3: Improved Core Muscle Tone**

The core muscles in your abdomen and buttocks will start working again to maintain your posture and balance. This will be uncomfortable for a while, if you drive everywhere or sit for several hours a day at your job, but this will subside as the muscles strengthen.

**Benefit #4: Improved Leg Muscles**

Your leg muscles, particularly if you have worn heels more than 3 inches high for years, will benefit greatly from low impact walking. Right now your calf muscles are foreshortened, but soon these muscles and tendons will stretch and lengthen to just above the Achilles tendon, their normal position.

**Benefit #5: Lower Blood Pressure**

If you have already been diagnosed with high blood pressure, low impact walking will drop it substantially, even if you make no other major lifestyle changes. Walking in this manner will help you walk much farther each day without fatigue and pain, and will promote heart health, lowering your blood pressure.