What You Need To Know About Walkingaa

Let’s talk about walking.

Most of the time when modern humans walk, we’re actually doing a whole bunch of really small falls.

Looks like walking, feels like walking, but the resulting impacts on your body are really, really different– and not very awesome.

With real walking, your joints get suppler, your bones get stronger, and way more of your muscles getused – hellooooooo, higher metabolism.

With the way we walk (aka fall), we friction the cartilage off our joints, our bones lose their density, andour muscles gradually get weaker and weaker.

What’s The Difference Between Falling And Walking?

When I say ‘falling’ here I mean a motion that’s basically uncontrolled by your muscles. Gravity pullsyour body forward and then you catch yourself with your front leg. When you do this a lot,it creates aseries of mini-falls that create mini-traumas over time.

In contrast, what I mean by ‘walking’ is a motion where your muscles are in charge the whole time.They lift your body and then propel it forward.

If Falling’s So Bad, Why Do We Do It?

In some ways, falling is actually not a bad thing – it helps most us get around the planet pretty well fora long time.

Basically, I think of falling as a coping strategy your body has developed in response to spending alifetime sitting, wearing shoes, moving on artificial surfaces, and not moving enough.

Our bodies have adapted to our non-moving environment by shortening some muscles and lengthening others – which ends up meaning that the muscles we need for true walking can’t actuallydo their jobs.

Like any coping strategy (I’m looking at you, delicious bottle of wine), we can do better.

Most Of Us Use Our Hip Flexors As Our Primary Walking/Falling Muscles

Try this: