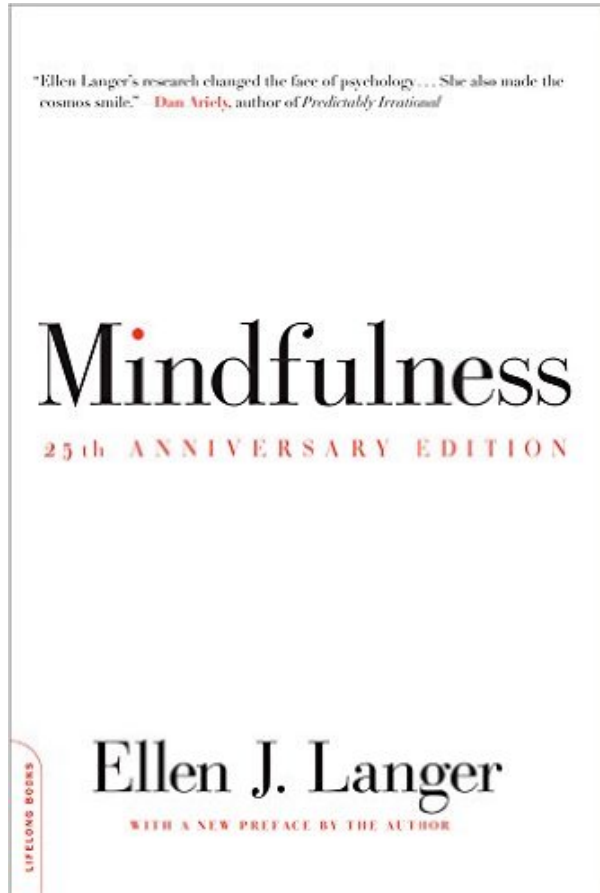


# MINDFULNESS



Mindfulness needed to over-ride the walking control mechanism, “paying attention” to how you walk.

# MIND-BODY

- Energy -Vigor
- Liveliness
- Altitude
- Bounce
- Glide
- Resonance

## Mindfulness

- Mood
- Affect
- Emotions
- Attitude

# **“Pay Attention”**

## **Mindfulness:**

- Standup straight
- Short stride
- Increase speed by increasing step cadence
- Midfoot strike
- Early stance heel push-off
- Contact ground just in front of center of mass