

Running & Walking

Basic Techniques

Posture	Maintain an upright posture with a slight lean forward from the ankles.
Foot Strike	Aim for a midfoot strike to reduce impact. Avoid heel striking.
Arm Movement	Keep arms bent at 90 degrees and swing them forward and back, not across the body.
Cadence	Strive for a cadence of 170-180 steps per minute.
Breathing	Breathe deeply and rhythmically, coordinating with your steps.
Warm-up/Cool-down	Always warm up before and cool down after each session with dynamic stretches.

Essential Gear

Running Shoes	Properly fitted running shoes are crucial to prevent injuries.
Moisture-Wicking Apparel	Helps keep you dry and comfortable.
Hydration Pack/Bottle	Stay hydrated, especially during longer runs/walks.
Reflective Gear	For safety when running/walking in low light conditions.
Activity Tracker	Optional, but helpful for monitoring progress and stats.

Benefits

<ul style="list-style-type: none">Improved cardiovascular healthWeight managementStress reductionIncreased bone densityEnhanced mood
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Swimming

Stroke Techniques (Freestyle)

Body Position	Maintain a streamlined, horizontal position in the water.
Arm Stroke	Reach forward, pull through the water with a high elbow, and recover over the water.
Leg Kick	Flutter kick from the hips, keeping legs relatively straight with a slight bend in the knees.
Breathing	Rotate your head to the side to breathe every few strokes.
Rotation	Rotate your body slightly with each stroke to engage core muscles.

Essential Gear

Swimsuit	Comfortable and hydrodynamic swimwear.
Goggles	To protect your eyes and improve visibility.
Swim Cap	Reduces drag and protects hair from chlorine.
Towel	For drying off after swimming.
Kickboard/Pull Buoy	Optional, for focused training on specific techniques.

Benefits

<ul style="list-style-type: none">Full-body workoutLow-impact exerciseImproved cardiovascular healthIncreased muscle strength and enduranceStress relief
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Cycling

Basic Techniques

Proper Fit	Ensure your bike is properly fitted to your body to prevent injuries.
Pedaling Technique	Use a smooth, circular pedaling motion, engaging all leg muscles.
Gear Shifting	Shift gears to maintain a consistent cadence, especially on hills.
Braking	Use both brakes evenly and anticipate stops.
Posture	Maintain a relaxed posture with a slight bend in your elbows.

Essential Gear

Bicycle	Choose a bike suitable for your riding style and terrain.
Helmet	Essential for safety. Always wear a helmet.
Cycling Shorts	Padded shorts for comfort on longer rides.
Cycling Shoes	Optional, but provide better power transfer.
Water Bottle/Cage	Stay hydrated during your ride.

Benefits

<ul style="list-style-type: none">Improved cardiovascular healthIncreased muscle strength and enduranceLow-impact exerciseWeight managementMental well-being
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Yoga and Pilates

Yoga Basics

Breathing (Pranayama)	Focus on deep, controlled breathing to calm the mind and body.
Poses (Asanas)	Practice various poses to improve flexibility, strength, and balance.
Mindfulness	Be present and aware of your body and breath during practice.
Alignment	Pay attention to proper alignment to prevent injuries.

Pilates Basics

Core Engagement	Engage your deep core muscles throughout each exercise.
Precision	Focus on precise movements to maximize effectiveness.
Control	Maintain control throughout each exercise, avoiding momentum.
Breathing	Coordinate your breath with each movement.

Essential Gear

Yoga Mat	Provides cushioning and grip.
Pilates Mat	A thicker mat is usually preferred for Pilates.
Blocks/Straps	Optional, for support and assistance with poses.
Comfortable Clothing	Wear clothing that allows for a full range of motion.

Benefits

<ul style="list-style-type: none">Increased flexibility and strengthImproved balance and postureStress reduction and relaxationEnhanced body awarenessCore strengthening (Pilates)
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