



### Running & Walking

#### Basic Techniques

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

#### Essential Gear

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

#### Benefits

- Improved cardiovascular health
- Weight management
- Stress reduction
- Increased bone density
- Enhanced mood

### Swimming

#### Stroke Techniques (Freestyle)

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

#### Essential Gear

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

#### Benefits

- Full-body workout
- Low-impact exercise
- Improved cardiovascular health
- Increased muscle strength and endurance
- Stress relief

### Cycling

#### Basic Techniques

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

#### Essential Gear

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

#### Benefits

- Improved cardiovascular health
- Increased muscle strength and endurance
- Low-impact exercise
- Weight management
- Mental well-being

### Yoga and Pilates

#### Yoga Basics

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

#### Pilates Basics

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

#### Essential Gear

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

## Benefits

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- Increased flexibility and strength
- Improved balance and posture
- Stress reduction and relaxation
- Enhanced body awareness
- Core strengthening (Pilates)