

RUNNER'S WORLD

HEALTH & FITNESS

EDITED BY ALISA BAUMAN



Improve Your Form

Swinging your arms too far across your chest while you run not only slows your forward momentum, it messes up the rest of your form and increases your injury risk.

To get rid of this bad habit, try the following drill, suggested by RUNNER'S WORLD adviser Rick Braver, D.P.M., a podiatrist in Englewood and Fair Lawn, N.J.

Find two batons or cut two 1-foot-long sections from a broomstick or wooden closet rod. Hold one baton in each hand and grip them so your thumbs are on top. Keep your arms bent at 45-degree angles and swing them from your shoulders. First just swing your arms while running in place. Then carry the batons when you run. If you revert to your bad habit, the batons will hit you in the legs, sides or buttocks, reminding you to pay attention to your form.



Dr. Richard T. Braver
Reconstructive Foot & Ankle Surgery
Podiatrist/Orthotic Specialist

140 Grand Avenue Englewood, NJ 07631 Fax (201) 569-3536 (201) 569-5672
4-14 Saddle River Road Suite 103 Fair Lawn, NJ 07410 (201) 701-1888
51 Route 23 South Riverdale South Bldg. Riverdale, NJ 07457 (973) 331-1774
Please call for all correspondence to the Englewood Address. E-mail: DRRun@aol.com WEBSITE: WWW.DRUN.COM

Reprinted with Permission by Runners World

Reprinted with permission of Runner's World Magazine