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# Perfect Your Form

*How to position your body from head to toe to get the most oxygen with every inhale...*



Position your arms at a 90-degree angle. Swing them parallel to your body (as opposed to in front of you) to keep your chest open and lifted.

Gently cup your hands as if you were holding a roll of quarters. Too tight of a fist will lead to tension throughout your body.

Breathe deeply from the diaphragm—not from the chest. Check yourself mid-run by placing your hand under your belly button to ensure that your abdomen is expanding as you breathe in.

Keep a tall posture with head up and shoulders back to allow your lungs to fill properly.

Focus on short, quick steps rather than long, bounding strides. This will help you save energy as you move forward.



Breathe through your mouth. It's okay to breathe through the nose as well (especially if you're chatting with your running buddies), but using your mouth allows you to take in more oxygen with every breath.