



## **Become a Balanced Runner**

### The Keys:

- >Lean forward
- >Seek a quick, supple landing
- >Feel your your foot below your hip in midstance
- >Keep your core in action
- >Bring your hands close to your heart
- >Move your face forward
- >Breathe downward in odd counts
- >Tune in to your body with awareness, acceptance, and imagination
- >Fulfill your potential through variety, versatility, and exploration

