

**Fitness - October 4, 2004**

When you are walking, your posture should be naturally tall. You don't want to bend forward, that is a sure way to develop problems in your lower back, neck and hips. Don't force yourself to be ramrod straight but also don't slouch, overarch your back or lean too far forward from your hips. Relax your shoulders, widen your chest and pull your abdominals inward. Think about zipping up a tight pair of pants! Keep your head and chin up and focus straight ahead.