



Jack Heggie

Running with the Whole Body

This program will make a substantial difference in your running. Learned habits associated with walking, running and playing sports may be yielding less than optimal performance. You may be having to cope with an injury. Or you may have acquired improper ways of coordinating yourself. Running with the Whole Body changes these habits, improving your strength, coordination, distance and speed.

The running tips in this program go way beyond telling you what to do. You will learn better ways of coordinating your muscles and entire body. Each lesson teaches you how to move in ways that interrupt your old habits of running and re-educate your body to move in more efficient ways. Efficiency equals increased speed and greater distance with less effort.

Benefits

Faster walking and running

Greater power

Reduced risk of injury

Increased distance

Greater endurance

Ideal for:

Serious Runners and Weekend Joggers

Cross Country Skiers, Skaters and Snowshoers

Hikers and Walkers

Football, Soccer and Baseball Players

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Archived Resources - 4 x audio cassette tapes