


SHORT WALK

SPRINT PROJECT TIPS FOR GROUNDING




 **Go for a short walk** for a few minutes. Ideally this would be **outside**, but you can also do it inside.

Concentrate on your feet


How does it feel to have your feet **touching the ground** and lifting back up again?

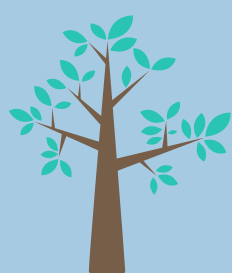


Notice

 how long or short your **steps** are.

Think about

the strength of your feet **connecting** with the ground. 



How do you feel now?