



ChiRunning allows you to enjoy the rewards of injury-free running for the rest of your life by greatly reducing the pounding, pain, and injuries often associated with running. This technique will strengthen core muscles, build great posture, loosen joints and relax limbs, increase mental focus and clarity, develop good breathing technique, give you more energy, and make running more fun!

Whether you are an experienced runner or brand new to the sport, ChiRunning will be appropriate for you. ChiRunning empowers beginning runners with a sense of their strength and potential. ChiRunning increases performance and reduces race times for experienced runners.



ChiWalking is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer. ChiWalking makes walking easier by utilizing proper body alignment and injury-prevention techniques. The ChiWalking techniques will give you a powerful sense of balance and stability, while teaching you to relax and conserve energy at any walking speed!

ChiWalking techniques are for people of every level, whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event. Since walking is such a basic every day movement, the benefits are far reaching when your walking form is improved.



Pat's Personal Training

Pat Reichenbach

ChiRunning & ChiWalking Certified Instructor
Bachelor of Science, Physical Education
ACE Certified Personal Trainer
IFTA Certified Senior Fitness Specialist

Get Started Today!

(919) 753-5734

Pat@PatsPersonalTraining.com
www.PatsPersonalTraining.com

Free Clinics

CHIRUNNING & CHI WALKING - FREE CLINICS

Aug 24 (Wed) 6:00pm-7:00pm*

New Balance Raleigh

Promenade Shopping Center Raleigh, NC 27612 [Map](#)

Sep 22 (Thurs) 6:00pm-7:00pm*

Try Sports Raleigh

Crabtree Valley Mall, Raleigh, NC 27612 [Map](#)

Sep 28 (Wed) 6:00pm-7:00pm*

New Balance Raleigh

Promenade Shopping Center Raleigh, NC 27612 [Map](#)

Registration - Send email to: Pat@PatsPersonalTraining.com

Include your name & date of Free Clinic.

At the Free Clinics, the instructor will demonstrate the technique, explain the benefits, answer questions and teach you some foundation skills to improve your running form immediately. Most free clinics are held outdoors. Wear your running shoes and bring your folding chair for comfort during the demo.

***Stay 30 min extra** at the end of this Free Clinic for Pat's advice and Q&A on shoes that are best for your ChiRunning and ChiWalking form.

Schedule Your Own Free Clinic

A Free Clinic is available at no charge to businesses or local groups of 15 people or more. A small fee is charged for groups of fewer than 15 people. Free clinics are scheduled as introductions for upcoming workshops.

The ChiRunning or ChiWalking Free Clinic is typically a one hour presentation. The instructor will demonstrate the technique, explain the benefits, answer questions and teach everyone some of the foundation skills for healthy running and/or walking.

To schedule your free clinic, contact Pat by email 6-12 weeks in advance. Include desired dates, times, location, and estimated number of participants. Plan with enough advance time to advertise your Free Clinic.

Locations: Raleigh and surrounding locations.

Facility: An outdoor area is great or indoor room large enough for your group. You should provide seating for the participants and some open space to move around a bit. The attendance for this event is limited only by the space provided.