



**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 - Intro to ChiRunning

**A Free Clinic gets you started!** Appropriate for everyone from the beginner to the elite athlete. No fear! There will not be lots of running. Some free clinics may be held outdoors, so dress appropriately. To register, email your name and dates of free clinics you plan to attend to: [pat@patspersonaltraining.com](mailto:pat@patspersonaltraining.com)

### Feb 3 (Wednesday) 6:00 -7:00 pm – Raleigh, NC

Try Sports, 4325 Glenwood Ave.  
Crabtree Valley Mall, Raleigh, NC 27612

[Directions:](#)

### Feb 21 (Sunday) 1:00 -2:00 pm – Raleigh, NC

New Balance Raleigh , 6204 Glenwood Ave  
Promenade Shopping Center, Raleigh, NC 27612

[Directions:](#)

### Mar 10 (Wednesday) 6:00 -7:00 pm – Raleigh, NC

Try Sports, 4325 Glenwood Ave.  
Crabtree Valley Mall, Raleigh, NC 27612

[Directions:](#)

### Mar 13 (Saturday) 10:00 – 11:00 am – Wilmington, NC

Try Sports Wilmington  
925 Town Center Drive, Wilmington, NC 28405

[Directions:](#)

### Mar 13 (Saturday) 1:00 – 2:00 pm – Wilmington, NC

Wrightsville Beach Family Medicine & PT by the Sea  
1721 Allens Lane, Wilmington, NC 28403

[Directions:](#)

### Mar 14 (Sunday) 1:00 -2:00 pm – Raleigh, NC

New Balance Raleigh , 6204 Glenwood Ave  
Promenade Shopping Center, Raleigh, NC 27612

[Directions:](#)

### Apr 24 (Saturday) 10:00 – 11:00 am – Wilmington, NC

Try Sports Wilmington  
925 Town Center Drive, Wilmington, NC 28405

[Directions:](#)

## Intro to ChiWalking

(Free clinic dates and Locations will be posted soon.)

### **Schedule an Introductory Clinic for Your Group!**

This one-hour clinic is an asset to any wellness program or health related business. The ChiRunning and ChiWalking techniques teach correct biomechanics of movement and will get people practicing better form right away. The best walking or running program puts form first, before adding distance or speed.

**For groups of 15 people or more**, a one hour Intro ChiRunning or ChiWalking Clinic is available to you FREE. **For groups of fewer than 15 people** a small fee is charged for an introductory clinic. Contact Pat. **Facility needed:** Simply supply a room with chairs for the participants or an outdoor space if the weather is nice. Some open space for participants to move around is beneficial, but there will not be lots of walking or running.

**Locations:** Your workplace, club location or health fair in Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina areas of NC. Schedule at least 6 weeks in advance. Contact Pat.