



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.

ChiRunning/ChiWalking Free Clinics

Get started on your ChiRunning and ChiWalking skills with a free 1-1/2 hour clinic!

May 13 (Tuesday) – Rain Date May 14

6:30 pm - 8:00 pm

The New Balance Store, Raleigh

Pleasant Valley Promenade Shopping Center
6204 Glenwood Avenue, Raleigh, NC 27612

May 20 (Tuesday) – Rain Date May 21

6:30 pm - 8:00 pm

ClubWorx Fitness Center

100 Fitness Drive, Fuquay-Varina, NC 27526
6204 Glenwood Avenue, Raleigh, NC 27612

Available To You – Contact Pat

Free Lecture/ Demonstration for Your Club or Group

Arrange for a 30 min., 1 hour or 1-1/2 hour free lecture/demonstration for your group of 15 or more at your workplace, club location or health fair. This free lecture/ demonstration can focus on ChiWalking or ChiRunning or can include both. Included will be explanation of how the technique improves your running or walking efficiency and reduces impact and injury. There will be lots of demonstrations of technique and discussion of the advantages of changing the way you run or walk. I'll teach everyone correct posture and alignment exercises.

Also available: ChiRunning Workshop for your group of 5 people or more.



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!

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