

다음 글에서 묘사된 걷기의 방법으로 언급되지 않은 것을 고르시오.

Walking is a movement that comes naturally to most people, and there is no reason to make it overly complex, experts say. However, here are some simple ways to get more out of your walking workout. Walk with your head up and your eyes forward. Looking down leads to neck and shoulder tension. Keep your stomach muscles gently pulled in. This keeps the lower back flat, not arched, which can lead to back and hamstring tightness. To add a bit of an upper body workout, bend your arms at the elbows, at a right angle. Finally, let your foot roll smoothly from heel to toe, pushing off strongly with the toes. This walking will help your body get healthy.

\* hamstring 오금줄(뒷다리 관절 뒤의 힘줄)

