**For Immediate Release:**

**Introducing Functional Movement Method to Run and Walk with Little or No Impact**

Newton, MA – April 15, 2017 – Lenny Levin, a competing endurance athlete, and founder of [Wellness and Beyond](http://www.wellnessandbeyond.net/), is now offering his new science-based approach that utilizes functional movement training for improved running, jogging and walking . His Running and Beyond program teaches the body how to move more efficiently through the development of functional movement and run naturally, and injury-free.

**Science-based Methodology to Run and Walk with Little or no Impact**

Levin has studied applied kinesiology extensively and found that the human body is anatomically designed to run. Running and Beyond focuses on learning of functional human anatomy and how is the body built to run and, avoid moving it incorrectly or in your “own” way to reduce impact and prevent injuries.

Most programs rely on training of isolated body parts such as “legs” or “hips” and ignore the principles of human functional anatomy that all joints and muscles are interconnected, and they are designed to form functional movement chains and work in a synchronized manner. Muscle isolation leads to improper movement and places additional stress on the body, resulting in poor performance and increased risk of injury.

A significant problem in all sports and physical activities is that performance results at any given athletic event following months and years of training cannot be predicted accurately. This statement is true in regard to sustaining and preventing injuries. If the functional movement is a part of training of the running stride you can determine what areas of the running gait require improvement and predict results more accurately.

**Gradual Transition from Speed Walking to Running**

[Running and Beyond](http://www.wellnessandbeyond.net/running-and-beyond/) is a three-phase program that consists of speed walking/race walking, jogging and running which provides a gradual transition for increasing speed.

“Before running you learn how to walk,” said Levin.

The training starts with improving the walking stride and teaching the body how to work in a coordinated manner through proper shifting of the center of body weight, and utilize the gravity for easier and more efficient movement. When the walking stride becomes more efficient a transition can be made to jogging and running. Running and Beyond focuses on the functional movement of the pelvis and hip joints to drive body movement and minimize the impact of gravity to it.

The launch of Levin’s Running and Beyond program provides recreational, amateur and competitive runners with a new science-based method that improves the efficiency of running stride and movement for [better performance with little or no impact](http://wellnessandbeyond.net/testimonials/), and predictable results. Also, if you improve your functional movement you would be able to reduce the training mileage because you will be developing functional body as opposed to building “strong legs”.

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