



Joanna Hall

It was never going to be a gentle stroll for Andrew Stuck, walking in the company of a one-time TV fitness personality and bestselling diet books author, but it turned out to be very enjoyable, if at times, he had trouble keeping up with **Joanna Hall**. You can tell from her voice, how passionate she is in helping others to gain better health, through her **Walk Active** programme. She argues that most of us don't walk optimally, and that by making subtle corrections, we can not only improve our health, our posture and bolster our confidence too. 19'09" 9.0 MB

Notes from the podcast interview by **Andrew Stuck**: Recorded in September 2021 on a walk through Sworder's Field in Bishops Stortford and published in May 2022. <http://www.talkingwalking.net>

Walk Active foundation programme <https://walk-active.com/>

Walk Active foundation programme: https://www.youtube.com/channel/UCg_3li9CUt67dcUalvZotWg

Walk Active app: from Apple: https://apps.apple.com/us/app/get-walkactive/id1625678977?mc_cid=6a85f41721&mc_eid=UNIQID

from Google: https://play.google.com/store/apps/details?id=com.plb8fiakkmib.pdvl7rmdapp&mc_cid=6a85f41721&mc_eid=UNIQID

This Morning on ITV: <https://www.itv.com/thismorning> Joanna was their Diet & Fitness expert from Sep 2000 - Jul 2003 for 2 years 11 months.

A dozen books on diet and fitness from Joanna Hall: https://www.amazon.co.uk/Joanna-Hall/e/B0034OZ874?ref=dbs_p_pbk_r00_abau_000000

Hans Christian Anderson: The Emperor's New Clothes: https://en.wikipedia.org/wiki/The_Emperor%27s_New_Clothes

Pace, cadence and technique are Joanna's three pillars for optimum walking. The British Heart Foundation gives advice on speed of walking: <https://www.bhf.org.uk/how-you-can-help/events/training-zone/walking-training-zone/walking-faqs> Here is an interesting article on cadence: <https://www.hindawi.com/journals/jsm/2017/4641203/> Or buy Joanna's book to find out more: <https://www.amazon.co.uk/Joanna-Halls-Walkactive-Programme-revolutionary-ebook/dp/B00BU1DH0I>

Andrew likens it to the Alexander Technique https://en.wikipedia.org/wiki/Alexander_Technique Joanna suggests it could be Pilates in motion: <https://www.nhs.uk/live-well/exercise/guide-to-pilates/>

Joanna was a Reebok Fitness coordinator and trainer <https://www.reebok.co.uk/>

Joanna recommends:

1. Take the Cremyll ferry from Plymouth: <https://www.visitplymouth.co.uk/things-to-do/cremyll-ferry-p1209493> walk through Mount Edgcombe country park, on the south west coast path to the villages of Kingsand and Cawsand: https://www.iwalkcornwall.co.uk/walk/mount_edgcombe_to_kingsand
2. Walk the North Norfolk coast path from Thornham to Holkham via Brancaster Staithe <http://www.gps-routes.co.uk/routes/home.nsf/RoutesLinksWalks/thornham-walking-route>