

Vital Qi Jogging — Gentle energy, powerful healing.



You're about to start a gentle journey to healing and vitality.  
You don't have to run fast — you just need to start.  
Let's walk into vitality together.

# Vital Qi Jogging:

## 8 Gentle Essentials for Energy & Wellness

*A mindful way to jog with breath, balance, and inner calm.*

### 1. Breathe with Purpose: Nose In, Mouth Out

Practice deep breathing through your nose and out through your mouth. This simple shift boosts oxygen exchange, increases cellular energy, and supports your body's natural immunity and metabolism.

### 2. Choose Your Rhythm (Find What Feels Right)

You can follow either of these two breathing rhythms:

**1:** Inhale—inhale, exhale—exhale (gentle rhythm)

**2:** Inhale—inhale, hold—hold, exhale—exhale, hold—hold (slightly deeper rhythm)

Match your breath with your steps. When your breathing is steady, rhythmic, and in sync with your pace, you'll feel lighter, less tired, and more centered.

### 3. Stay Present, Stay Peaceful

Let this be your time of quiet focus. No music, no chatting, no distractions. Let your mind rest inwardly. Move in meditation, allowing your body and breath to become one.

### 4. Whole-Foot Landing, Light and Loose

Land with your whole foot — gently, not heavily. Keep your body relaxed and soft. With every step, your muscles, joints, and organs move in harmony, helping you clear energy blockages and improve circulation.

### 5. Hands in Soft Fists, Arms Swinging Naturally

Hold soft, relaxed fists by your hips. Let your arms swing naturally at your sides, helping your whole body stay fluid and balanced.

## **6. Visualize Healing Energy**

As you inhale, imagine drawing in the fresh energy of the universe. Feel it fill your body with light. As you exhale, visualize releasing stress, pain, and tension. Let your body become clear, open, and full of vitality.

## **7. Lean into the Run (Effortlessly)**

Begin by lifting your heels slightly, leaning your body gently forward. When you feel like you're about to fall, allow gravity to carry you forward — and jog effortlessly with that momentum. Keep a light forward lean as you move.

## **8. Or Just Walk – That's Beautiful Too**

Vital Qi Jogging can also be done as **Vital Qi Walking** — the focus is not on speed or distance, but on breath and step coordination. A gentle walk in this state of presence and rhythm brings the same healing benefits.

## Helpful Tips to Get Started

- **Start slowly and be patient.**

Practice breathing first.

Then practice syncing breath and steps while standing.

Finally, start jogging slowly. If your rhythm falls out of sync, pause, reset, and begin again — no rush, no pressure. You will find your flow.

- **Morning is a beautiful time.**

The fresh morning air and natural energy support your vitality and emotional uplift. But if mornings are too busy, don't worry — you can jog at any time that feels comfortable for you.

Just try to leave about 2 hours after eating, so your body feels light and comfortable while you move.

- **This is not a race.**

Forget about pace or mileage. There's no need to compare. This is your moment — just you and your breath.

- **Remember why you're doing this.**

Stay mindful: *"I'm doing this for my health. Nothing else matters right now."*

- **Focus on breath, on steps, on the present.**

Let each breath and each step be filled with ease, calm, and gratitude.

### *About the Author* 简介

*Mae Chen is the founder of Vital Qi - The Way to Wellness, a gentle healing method that blends ancient Eastern wisdom with modern science. She helps people over 50 reconnect with their body and energy through gentle movement, breathwork, and self-healing — enhancing flexibility, vitality, and emotional well-being.*

*If you'd like more support or guided practice, visit <https://www.maeyoubewell.com/en> or free resources and classes.*