



## **The Fit Body Clinic - Exclusive report**

### **Your Gait**

Fit Body Clinic is a specialist posture and movement clinic focused on restoring alignment, reducing chronic pain, and improving long-term physical function. Drawing on principles from the Egoscue Method and Live Pain Free, the clinic works to address the root causes of musculoskeletal discomfort particularly in the head, neck, and shoulders through tailored posture correction and functional movement programmes. Its approach emphasises education, prevention, and sustainable, drug-free recovery.

Disclaimer- The information here could help you. If you need a better disclaimer, please don't read on.

### **My Background**

Jonathan Mearns is a former police officer turned entrepreneur, coach, and sustainability advocate. Awarded an OBE in 2023 for services to international counter-terrorism, he has since built a diverse portfolio spanning leadership

coaching, environmental enterprise, and adventure. He is the founder of London Christmas Tree Rental, a pioneering circular economy business, and is known for helping individuals and organisations navigate transition, resilience, and purpose-driven growth. He now finds himself relaunching his posture alignment specialism to help people live pain free through a series of small corrective exercises alongside his partner Maud Rousseau who provides nutritional expertise.

### **The Structure: What is a “Healthy” Gait?**

A healthy gait is a **repetitive, balanced sequence** involving:

- **Heel strike → mid-stance → toe-off**
- Smooth transfer of weight from one side to the other
- **Natural arm swing opposite to leg movement**
- Even stride length on both sides

The body should move in **symmetry**

Load should transfer **efficiently through joints**

Movement should feel **effortless and automatic**

Walking is not just movement, it's a **continuous posture test**.

### **The Problem: Modern Life Has Changed the Way We Walk**

Today's lifestyle is quietly disrupting natural gait patterns:

#### **1. Reduced Movement Variety**

We sit more, move less, and walk on flat, predictable surfaces

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**remainder of the exclusive report emailed to you.**