



Why walking is important to your health

March 2022 Health Nugget By Valerie Esty

WALKING



INCREASE HEART RATE



STRENGTHENS YOUR
HEART



INCREASE BLOOD
CIRCULATION THROUGH
YOUR BODY



BRING MORE OXYGEN & NUTRIENTS
TO IMPORTANT ORGANS OF THE
BODY



Benefits of Walking:

1. Think better, feel better and sleep better.

2. Reduce your risk : heart disease, stroke, diabetes and several types of cancer.

3. Increase your energy and stamina.

4. Improve your blood pressure, blood sugar and blood cholesterol levels.

5. Improve your mental and emotional well-being and reduce risk of depression

6. Improve memory and reduce your risk of dementia

7. Boost bone strength and reduce your risk of osteoporosis.

8. Prevent weight gain.



Source:

<https://www.heart.org/en/healthy-living/fitness/walking/why-is-walking-the-most-popular-form-of-exercise>

How Can I Stay Motivated with a Walking Program?

1. Use a phone app or buy a pedometer. Use it every day, and count your steps. Try to start with an increase of 2,000 steps a day and work toward 10,000.
2. If the weather is bad, use a treadmill. Or take comfortable shoes to the mall, and walk several laps inside.
3. Plan family outings around walks together.
4. Walk before or after work or on your lunch break.
5. Ask friends and coworkers to join you. Join a walking group or club.

