



Benefits of Walking

Walking offers numerous health benefits for people of all ages and fitness levels. Walking is free and easily fits into your daily routine. Read on to learn about some of the benefits of walking.

Lose weight

Walking helps to burn calories which in turn can help you maintain or lose weight. Your actual calorie burn will depend on several factors including walking speed, distance covered, terrain and your weight.

Strengthen your heart

Walking at least 30 minutes a day, five days a week can reduce your risk of coronary heart disease by about 19 percent. This risk may reduce even further when you increase the duration of distance walked each day.

Lower your blood sugar

Taking a short walk after eating may help to lower your blood sugar levels. When you exercise, your body uses energy in the form of glucose (sugar). With type 2 diabetes, the body's blood sugar goes too high, but exercise helps you use that sugar and, therefore, helps lower it.

Boost your energy

Going for a walk when you're tired can be a more effective energy boost than grabbing a cup of coffee. Walking increases oxygen flow throughout the body, increasing levels of cortisol, epinephrine and norepinephrine, hormones that help elevate energy levels.

Improve your mood

Walking can assist in your mental health, helping to reduce anxiety and depression. It can also boost self-esteem and reduce symptoms of social withdrawal.

To experience these benefits, aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week. You can also break it up into three 10-minute walks.

Tips for staying safe while walking

- Wear sturdy shoes with good heel and arch support
- Wear loose, comfortable clothing
- Drink plenty of water before and after you walk to stay hydrated
- Wear sunscreen to prevent sunburn, even on cloudy days
- Warm and cool down before walking to avoid injury
- Choose a walking route and daily step goal that's appropriate for your age and fitness level
- See your doctor for a medical check-up before embarking on any new fitness program, particularly if you are aged over 40 years, are overweight or haven't exercised in a long time.
- Consider getting a pedometer or other fitness tracker to keep track of your daily steps