



Benefits of Walking

- **Walking is a great exercise for weight control.** Because walking does not have to be a strenuous activity, it is a wonderful start in beginning an exercise program. Walking is a great way to burn calories and will put you on the right track for managing your weight.
- **Walking can increase your energy levels.** Taking a short walk is the perfect way to increase energy levels during a mid afternoon slump. A ten minute walk can keep you feeling energized for up to two hours.
- **Walking can reduce your blood pressure.** Because physical activity makes the heart stronger, your heart can pump more blood (and therefore oxygen) to your body using energy. This means a lower heart rate because your heart is now doing more work for a lesser cost of energy. The lower your heart rate is, the lower your blood pressure will be also.
- **Walking prevents chronic disease.** The benefits your body derives from walking are powerful enough to reduce your risk of heart disease, diabetes, cancer, stroke diabetes, and osteoporosis.
- **Walking is good for your brain.** Regular exercise improves memory and increases alertness. The hormones and chemicals released by your brain while walking stimulate your mood as well.

Walking can be done anywhere and is especially fun when used as a social activity.

Source: *Clevelandclinic.org*