

# HEALTHFUL TIPS

Enjoy these 'Whole Body' Benefits of Walking!

## Put a Spring in your Step



The simple habit of walking can have a positive impact on so many areas of your life, and this is the perfect time of year to get out and enjoy its benefits. If you need a bit of inspiration and motivation to transition from hibernation mode, here you go...

Endorphins are released when you walk, improving your mood.

Type 2 diabetes risk is decreased by 58% with just 150 minutes of walking per week and a 7% decrease in body weight. Insulin sensitivity is increased with regular walking.

Strong hearts are developed from regular walking. One study found that retired men increased their longevity by

walking two miles a day. Another study found that women walking three hours or more per week decreased their risk of heart attacks by 35%.

Brain function is enhanced and preserved from just 1.5 hours of walking per week. Memory is improved and dementia risk is cut. Just 15 minutes of walking boosts your problem solving, focus and ability to make decisions.

Walking is effective for slowing bone loss from legs and increasing whole-body bone density.

A brisk thirty-minute walk 3-5 times a week reduces depression symptoms by almost half.

Walking (or other forms of exercise) reduces the risk of breast and colon cancer. And for those who are diagnosed with breast or colon cancer, regular walking increases the survival rate.

Fitness is significantly improved by walking three times a week

for 30 minutes. This also helps to prevent physical disability and loss of function as you age.

The love life improves with regular exercise including walking.

A walking program saves you in gym costs. You can walk almost anywhere outdoors or find a free indoor venue without the need of costly gym memberships. You may also find a decrease in prescription medications, saving you even more bucks.

Those with fibromyalgia may find greater mental capacity, more energy and less depression.

