

10 BRILLIANT BENEFITS OF WALKING

Great for Weight Control

Walking is important for weight control because it helps you burn calories. If you add 30 minutes of brisk walking to your daily routine, you could burn about 150 more calories a day!

Tones Muscles

Many muscles are involved in just one step of walking. Meaning an increase in muscular strength. Imagine what 10,000 steps means?!

Low Impact Form of Exercise

This makes walking a good choice of exercise for many of us. It creates less stress on joints; is great for building up endurance and is manageable to do every day!

Strengthens Bones & Joints

Walking is a weight bearing exercise so builds and strengthens as well preventing loss of bone mass. It can also improve balance and flexibility.

Helps Sustain a Healthy Heart

Walking can decrease high blood pressure and high cholesterol which will reduce your risk of cardiovascular disease (CVD).

Reduces Risk of High Blood Pressure (BP)

Often labelled as a drug-free approach to lowering high BP. Our risk of higher BP increases with age but regular walking can safeguard our cardiovascular health.

Reduces Stress

A walk can help clear your mind, get rid of tension and help release any pressure that you have been holding onto. If you are outside too it will bring you closer to nature and boost your Vit D!

Increases Metabolism

When walking, you increase your metabolism (the process that converts food into energy). To really rev up your metabolism, focus (safely) on your speed, endurance and inclines.

Improves Mood

Regular walking, can play a major role in your overall mood as it helps to boost endorphins, or "feel good" chemicals in the brain. Both mentally and physically we feel more energised!

Boosts Energy Levels

Regular walking can make a real difference to your energy and to fighting fatigue. Essentially it increases blood and energy flow by training the heart to work better, so also improves mental agility and focus too!

