



Health Benefits of Walking

Walking is a simple yet highly beneficial form of physical activity that offers a wide range of advantages for your physical and mental well-being, and is a great way to boost your overall health.

Walking outdoors can improve mental health, reduce anxiety and depression. Different parts of our brain become active in nature. It allows the mind to calm down and leads to physical changes, such as lowering heart rate and blood pressure.

A few benefits of walking include:

- **Lowering risk of heart disease** — Walking five days a week for 30 minutes can decrease your resting heart rate, lower your blood pressure, and reduce bad cholesterol.
- **Reducing stress** — Walking can boost your overall mood by releasing endorphins that lower your stress level and increase your self-esteem.
- **Weight loss** — Walking to lose weight can help you burn 200 calories per day. It is also easier on the joints. Over time, you can increase your duration, frequency and intensity.
- **Lowering blood sugar** — Walking two to five minutes after eating can lower your blood sugar. A post-meal walk can also aid in digestion and reduce bloating.
- **Reducing risk of cancer** — Two to five hours per week of moderate-intensity exercise (about the level of a brisk walk) can reduce your risk of colon, breast, and liver cancer.

Keep a record of your walks to log your progress, and find a walking buddy to help encourage you along the way!

Sources:
<https://health.clevelandclinic.org/benefits-of-walking/>
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