

WALKING FOR HEALTH



Why Walking is Perfect For Your Health

Regular walking has many positive benefits. It can improve your confidence, stamina energy, weight control and life expectancy. It can also reduce the risk of heart disease, high blood pressure and anxiety to name just a few.

Getting Started.

If you can only walk for a couple of minutes and then you need to rest, that is OK. Where you start is not important – it's where you're going that counts! Try to walk on most days of the week. You could start with a 10 minute walk and slowly increase the time you spend walking. Don't overdo it on your first walk. If you are very unfit, you

may start by walking every other day. Build it up bit by bit.

To get health benefits from walking you only need to walk for 30 minutes 5 days a week. You can break this down to 3 sessions of 10 minutes walking in a day. This is just as beneficial.

Developing Your Own Walking Routine

If you are walking alone, stick to areas that you are familiar with. Design a circular route that links your local shops with other local features. Choose busy more populated areas. In poor weather you may want to include an indoor shopping centre. Start walking on flat ground and by going a short distance. Increase the distance you walk before you increase the speed and gradient.

Any walking is better than none. Brisk walking is the best but if you are very unfit and have taken little exercise recently then gentle strolling is a good start.

You are walking briskly when:

- * Your heart beats faster than normal, but is not racing.
- * Your breathing is heavier, but conversation is still possible.
- * You experience a warm glowing feeling.