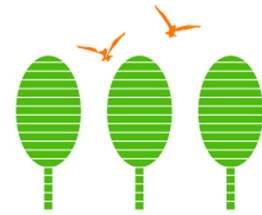


# walking workouts



*power walking + body conditioning*

## Benefits of Walking

Study after study has found that that a brisk 30 minutes' walk, 5-6 days a week (or a total of 3 hours per week) improves your health, fitness and wellbeing in so very many different ways. These are just some of the key benefits:

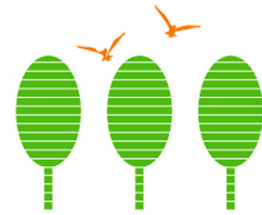
### Health

- Strengthens the **heart** = reduces high blood pressure levels and reduces the risk of a heart attack
- Reduces the level of "bad" LDL **cholesterol** and increases level of "good" HDL cholesterol in the blood = reduces the risk of heart attack
- Lowers the risk of **stroke**
- Reduces the risk of **breast cancer**
- Reduces the risk of a need for **gallstone surgery**
- Boosts the **immune system** by increasing the body cells that destroy infectious organisms, foreign bodies and abnormal cells
- Walking is a weight-bearing exercise which strengthens the bones, increasing bone density thus preventing **osteoporosis** and reducing the risk of **hip fracture**
- Improves your **posture** = helping to relieve back pain

### Fitness

- Walking is an **aerobic** exercise = improves your cardiovascular fitness
- Improves your **muscle tone and strength**
- Increases your **muscular endurance & flexibility**
- Increases your **stamina**
- Walking is a low-impact exercise = **less risk of injury** (injury rate from walking is lower than for any other type of physical activity)

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## Weight-/Inch-loss

- **Burns calories** = 240-630 calories per hour at average speed of 3.75 miles per hour (110 steps per minute), depending on terrain and body weight of walker
- At the right intensity, walking can help change your body metabolism to **increase fat-burning**, not just whilst exercising but 24 hours a day
- By helping to manage body weight and **reducing body fat** you can lower your risk of developing type 2 diabetes, heart disease, stroke, cancer, sleep apnoea and osteoarthritis
- **Tones muscles** = improves body shape (particularly legs, bottom, back and shoulders)

## Wellbeing

- Improves **digestion & circulation** = giving skin a fresher, healthier look
- Improves **sleep** patterns = relieving insomnia
- Improves **self-esteem**
- Improves **mood** and overall sense of wellbeing by releasing endorphins, the "happy hormones"
- Reduces **stress**
- Reduces **fatigue**
- Relieves the symptoms of **depression**
- Relieves symptoms of **pre-menstrual tension**
- Eases the pain and stiffness of **osteoarthritis**
- Being outdoors has a **positive effect on our quality of life**