

THE HEALTH BENEFITS OF WALKING

Walking can positively impact our mental & physical health. It helps to counteract the risk factors associated with the sedentary lifestyle that many of us may face due to office-based jobs. Plus it is free, accessible, can save money & it is much better for the environment than taking public transport or the car.

IMPROVES

Sleep - walking in the morning helps to set your circadian rhythm

Energy as it increases energy-promoting hormones & levels of oxygen in the body

Creative thinking & problem solving

Mood & builds a sense of purpose

Confidence & self-esteem

MENTAL HEALTH BENEFITS

REDUCES

Risk of depression as feel good hormones like endorphins are released

Anxiety - walking in forests/woodland is especially beneficial

Loneliness & social isolation if group walking

Stress & improves concentration

IMPROVES

Bone strength, helping to slow osteoporosis developing

Gut health by benefiting the number & diversity of good bacteria which supports digestion

Cardiovascular health reducing risk of high blood pressure & stroke

Weight loss or maintenance & burns calories

Flexibility & posture. It helps us maintain balance & stability as we age

PHYSICAL HEALTH BENEFITS

REDUCES

Risk of some cancers (such as breast cancer)

Risk of arthritis & aids treatment by strengthening muscles & joints

Type 2 diabetes risk by helping to lower blood sugar & improve insulin control

Chance of picking up bugs as it increases vit D levels from sun exposure which supports immune function

PRACTICAL TIPS

Wear reflective clothing for safety if walking early in the morning or late at night

Take some water, snacks, sunscreen, a hat & sunglasses (depending on the weather!)



Take a phone with you & let friends / family know where you are walking

Invest in wind & waterproof layers

Wear a comfortable pair of trainers or walking boots

EVEN A BRISK 10 MIN WALK A DAY HAS HEALTH BENEFITS!