

Why Walk More?



By Gaynor

Put a Spring in Your Step with Seven Free Giveaways!

You can get everything below for *free!* Yes that's right, these gifts are **FREE!**

What's the small print? That you walk more each week. That's it!

Walking is the most natural exercise and the easiest to do and yet it's something that we as humans have gradually squeezed out of our lives.

We generally move only 2,000-3,000 steps a day. Studies have shown that moving 6,000 steps a day significantly reduces risk of death, and 8000-10,000 a day promotes weight loss.

2,000 steps is about a mile. You don't have to walk miles at a time but just add in more steps throughout your day.

So why not invest in a pedometer and take hold of these brilliant gifts!

Gift = Easier Control of your Weight

A study done at the University of Massachusetts Medical School found that walking four times a week for 45 minutes each time, resulted in an average weight loss of 17 lbs a year without any form of dietary changes! The beauty of walking as a form of exercise is that it doesn't make you ravenously hungry like some sports can and it can really take your mind off eating when you feel like snacking. So keep eating the same amount or less but walk more and you will lose weight or be able to maintain if that's your aim. As you lose weight walking also helps you to tone up.

Gift = A Longer Life

There are so many reasons why walking can contribute to a longer life for you. The New England Journal of Medicine reports on the findings of the Honolulu Heart Study where over a 12 year period 8,000 people aged 60+ and their walking habits were studied. The results showed that walking just 2 miles a day cut the risk of death in the next 12 years by almost a half.

Walking lowers the risk of heart disease, stroke and colon cancer and has many other benefits that are still being researched.

Gift = Stronger Bones

Walking outside in daylight helps you to get the Vitamin D that you need to keep your bones strong and the nature of the weight bearing exercise helps your bones to become denser protecting them from fractures. Walking also helps with flexibility which in turn makes you less likely to fall and injure your bones.

Gift = More Money

You don't need any expensive equipment to walk, just a good pair of trainers or walking shoes. You will save money on transport too and on other forms of entertainment!

Gift = More Time

You don't have to allow for certain sessions of exercise time during your week, you can build it into your day as suits you best, including getting off the bus or train a stop earlier or walking instead of taking the escalator or lift. You can use your exercise to get your jobs done around town, the house, the office or the garden. No specialist training, learning the ropes, or gym induction are needed, you can get going straight away.

Less Stress and More Positivity

Exercise releases endorphins which make you feel brighter. Walking also allows you to step back from what's going on in your world and gives you a wider perspective. Daylight increases the feel good hormones in the brain. And you can walk with friends and have a good old chat instead of meeting for a sedentary coffee. And we all know that talking to friends make us feel better!

A Closer Relationship with God

Exploring new areas and the nature around you will prompt you in your prayers and you can use the time to talk to and listen to God and be inspired.