It's good for the heart.

days after you've established your walking habit. Wearing socks made of sweat-wicking polyester fibers and some shirts, which tend to disappear a few
about the only thing walkers have to worry about are blisters, which can be prevented by wearing
Spending their time behind a desk or in front of the TV.
cases of cardiovascular disease among the walking set in peak. Walkers have healthier joints than those who
Walkers don't have to worry about numbness, knee or shin splints, shoulder, and there are no documented
It's easy on the body.
and map their route, but walkers generally keep it simple, which is part of walking's appeal.
Sure they can do their game by using a pedometer to count steps or a smartphone app to monitor pace.
Wearers aren't gear hounds. They're happy with a comfortable pair of shoes and a good pair of socks.
It doesn't require high-tech equipment.
maximized.
in the category of moderate-intensity exercise, which is the intensity at which health benefits are
The best thing about walking is there's no learning curve. The only thing you need to perfect is your
It's easy.
walking shoes. 12 months a year. Here are the Top 10 reasons to walk more and sit less.
evans, the novelty of the first taste of spring has worn off. To encourage you to keep lacking up your
middle-aged
and books, but also the first kiss of warm sun on skin that has been swaddled against the cold since
With temperament rising and the sidewalks clear of snow, Canadians are heading outdoors to
Jill Barker: 10 Reasons to Get Out and Get Walking

Jill Barker: Special to The Gazette

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is required

the #8217;s Good for Both Mind and Body & #8217; and no equipment

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pace may quicker than if you were able for an appointment.
perfect fit. And, since walkers and runners realize the same health benefits, there's no need to set the
tougher on pounding the pavement makes you sweat — and not in a good way. Then walking is the

It's not running

pressure, but also among those with blood pressure in the normal range.
which is considered significant. This benefit's been noted not only among those with high blood
Walking has been shown to lower both systolic and diastolic blood pressure by up to two percent.

It lowers blood pressure

regularly.
were also more likely to participate in other leisure time activities as compared to those who didn't walk
were more active, they're more likely to participate in other leisure activities. Finally, you only did walkers accumulate more line span on the floor. They
They were also less likely to smoke and more likely to consume
The Harvard Alumni Health Study reported that walkers ate a more heart-friendly diet (less meat and more

It builds healthy habits

solving as well.
exercise consumption and not only help reduce the clutter in your brain, it can boost creativity and problem

It helps you think

3-4 minutes on the block until you feel your calf relax.

10-15 minute walking breaks to help break up the stress of the moment. Walk the hallways.

It reduces stress

correspond to significant enough to reduce body weight. BMI and body fat

It keeps weight in check

Single longer bout of exercise.

discovers that multiple shorter bouts of walking over the course of the day offer the same benefits as a