Benefits of
Walking

Walking is great for good health. Just 30 minutes every day can increase fitness and strengthen bones. It can also reduce your risk of developing serious health conditions such as heart disease and type 2 diabetes. How fast you walk can also make a difference.

Walking is low impact, requires minimal equipment and can be done at any time of day.

You can get out and walk without worrying about the risks associated with some more vigorous forms of exercise!

Step up your speed

To optimise the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week. 'Brisk' means that you may be puffing slightly.

Break it down

If you can't manage 30 minutes a day, start with a faster-than-strolling, 10-minute daily walk and work up to 30 minutes a day- these short, faster walks also have lots of health benefits and count towards your recommended amount of exercise each week.

You can also do two 15-minute brisk walks throughout the day rather than one 30-minute walk if that is more useful for your lifestyle. Increase your walking distance and speed gradually.

Keep track

There's plenty of trackers and apps you can use to keep you motivated and track your progress.

Or you can simply keep a walking diary, writing down your time and distance after every walk.

Walk with a friend

Team up with a friend who wants to keep fit as well - you can keep each other motivated and encourage each other on the days you're not feeling so energetic.

HEALTH BENEFITS OF WALKING

Did you know that walking is a weight-bearing exercise? This is because you are carrying your own body weight while you walk. This combined with faster walking brings many benefits.

- Increased heart & lung fitness
- Improvement in conditions such as joint and muscular pain
- Stronger bones & improved balance
- Increased muscle strength & endurance
- Reduced body fat

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