Walk For Your Health

It is recommended to do at least 150 minutes of moderate intensity activity or 75 minutes of vigorous intensity activity per week. There are effortless ways to make this manageable which can include brisk walking. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of moderate weekly exercise.

All you need to start is a comfortable pair of trainers and off you go.

To call it brisk walking it needs to be faster than a typical stroll, you want to be walking around 4/5 km per hour. As easier way to think of it is, you should still be able to talk but maybe struggling to sing the words to a song.

Walking can help you…

- Maintain a healthy weight and lose body fat
- Improve cardiovascular fitness
- Improve muscle endurance
- Strengthen your bones and muscles
- Prevent various conditions, including heart disease, stroke and type 2 diabetes
- Increase energy levels

It can be easy to get distracted, so here are a few tips on staying motivated and how you can incorporate walking into your everyday life.

- Walking part of your journey to work
- Using the stairs instead of the elevator
- Leaving the car behind for short journeys
- Doing a regular walk with family or friends after dinner
- Go walk somewhere new e.g., go on a walking tour of a new city
- Join a walking group
- Listen to music or an audio book
- Listen to a podcast- there are lots of them for mental health