

FOR IMMEDIATE RELEASE

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Stepping out

There is a simple activity all of us should do to receive numerous benefits for both our physical and mental health. This beneficial activity is walking. Walking improves cardiovascular fitness, muscle strength, and endurance. It reduces the risk of chronic diseases such as heart disease, type 2 diabetes, and stroke. It will also boost energy levels and promote better sleep patterns. Some other benefits of this activity include that it regulates blood sugar and alleviates bloat and constipation.

Walking is gentle on the joints, making it suitable for people of all ages and fitness levels. Even moderate amounts of walking can have significant health benefits and contribute to a longer, healthier life. Walking helps reduce feelings of stress, anxiety, and depression. It can help improve memory, attention, and creativity. It can also boost overall brain health and reduce the risk of cognitive decline as you age. Walking can be a social activity when done with friends, family, or pets, which contributes to overall emotional well-being.

To start a walking routine, consult with a Healthcare Professional if you have any medical concerns. Invest in comfortable, supportive walking shoes. Dress in breathable clothing appropriate for the weather conditions. Consider using a pedometer or fitness tracker to monitor your progress. Begin with short, easy walks and gradually increase the duration and intensity over time. Aim for at least 30 minutes of moderate intensity walking most days of the week or break it up into shorter sessions throughout the day if needed. The goal is 150 minutes a week. After about 5 min of walking spend a few minutes warming up with some light stretching to prepare your muscles and joints, then continue walking. After your walk, take some time to cool down and stretch again to improve flexibility and prevent stiffness.

Choose safe, enjoyable walking routes that are convenient for you or even on a treadmill if you prefer indoor walking. Pay attention to how your body feels during and after walking. If you experience any pain or discomfort, adjust your pace or distance accordingly. It's normal to feel some muscle soreness when starting a new exercise program, but persistent or severe pain should be addressed.

Drink plenty of water before, during, and after your walks and eat a balanced diet to fuel your body and support your activity level. Consistency is key, so try to make walking a regular part of your daily routine by scheduling it at the same time each day and making it a priority. Keep

yourself motivated by setting new goals, varying your walking routine, and finding ways to make it enjoyable. Consider walking with a friend, joining a walking group, or listening to music or podcasts while you walk. Remember to listen to your body, be patient with yourself, and celebrate your progress along the way.

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