

Top Tips for a healthier lifestyle

The benefits of... *walking*

Walking has several benefits for general health and is one of the easiest forms of physical activity to do.

Current guidelines suggest at least 30 minutes of moderate intensity activity every day for general health and wellbeing. Brisk *walking* can form some or all of that activity. It can either be done at one time or broken down into 10-15 min stints.

After a while the body will get used to *walking* every day and it will start to feel easy. This is the point when, in order to keep making improvements from *walking*, you can do several things such as:

- Walk faster
- Walk for longer or further each time
- Include some hills when walking
- Walk more often and regularly
- Change the route you walk

Walking can:

- Help lower the risk of cardiovascular disease
- Result in increased fat loss and improve weight management
- Help decrease blood fat levels
- Help to decrease and control blood pressure
- Help control blood sugar levels
- Help keep you fit
- Help tone and strengthen muscles (especially when fast)

