



Walking Your Way to Better Health

Your health is important.

Because the Youens and Duchicela Clinic believes this, the following is brought to you in an effort to provide wellness information that you can use to help manage and maintain your health.

This week, the focus is on the health benefits of walking.

With the advent of the new year, many individuals turn their attention towards healthy resolutions. One easy way for many individuals to start meeting healthy body goals is through walking.

Walking, either indoors or outdoors, is an effective, low-impact form of natural exercise. The body, now matter at what age, can receive numerous health benefits. According to the Mayo Clinic, some of these benefits include:

- lowering low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol)
- raising high-density lipoprotein (HDL) cholesterol (the “good” cholesterol)
- lowering blood pressure
- reducing the risk of or managing type 2 diabetes
- managing weight
- improving one’s mood; and
- staying strong and fit.

Research shows that even a modest amount of walking each day can help achieve these benefits. However, for most individuals to see maximum benefits, walking 30-60 minutes a day is ideal.



No matter one's age or ability, the Mayo Clinic reminds individuals to follow these basics:

START SLOW AND EASY. If you're a seasoned walker, keep doing what you're doing. If you've been inactive and tire easily, start more slowly. At first, walk only as far or as fast as you find comfortable. If you can walk for only a few minutes, let that be your starting point. For example, you might try short daily sessions of 5 to 10 minutes and slowly build up to 15 minutes twice a week. Then, over several weeks' time, you can gradually work your way up to 30 to 60 minutes of walking most days each week.

USE PROPER TECHNIQUE. Walking is a great exercise because it is so simple to do, but using the correct posture and movements is essential.

MEASURE THE INTENSITY OF YOUR WORKOUT. As you walk, measure the intensity of your workout by checking your heart rate. Knowing your heart rate allows you to increase the intensity to maximize your workout or slow down to avoid overdoing it.

For more information or to learn more benefits and techniques, access www.mayoclinic.com.

The information provided here is not to be used as a substitute for medical attention. Remember that, should you have specific medical questions or desire more information, contact your doctor.