

Walking is good for you

BENEFITS: VERSATILE, VALUABLE EXERCISE Reduces the risk of heart disease, diabetes, obesity and osteoporosis.

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Despite the fact that many of us spend a great deal of time on our feet, either because we walk to work, stroll around the shopping centre, visit a friend around the corner, or take a refreshing walk during our lunch hour, we rarely stop to consider the physical, mental and emotional benefits that this versatile, yet valuable exercise has to offer.



Just by walking for half an hour per day one can start to feel and look better, and improve circulation and mental health.

Walking for health also strengthens the leg and back muscles, bones and reduces the risk of heart disease, some cancers, diabetes, obesity and osteoporosis.

Other health benefits include a reduction in cholesterol and blood pressure, as well as an increase in the body's metabolism, thereby promoting weight loss.

People who walk often are less prone to depression and anxiety, and tend to have a better night's rest than those who exercise less.

Once you decide to incorporate walking into your fitness programme, you can enjoy an immense sense of accomplishment when you begin to notice the positive changes in your body and overall sense of wellbeing and health.

You may even be motivated to set challenges for yourself by increasing your walking speed or including more uphill walking or stairs into your daily routine.

Health tips for walking

Make sure that you drink plenty of water before, during and after taking a long or brisk walk.

Wear loose-fitting and comfortable clothing when walking.

If you have to carry more than one bag, make sure that the weight is distributed evenly by carrying one bag in each hand. This will prevent pain and discomfort in the back and shoulders.

Wear a pair of comfortable shoes that support the ankles when you walk so that you can protect your feet, legs and back. Keep an eye on your posture. Walk tall and hold your head up and eyes forward.

Your shoulders should be down, back and relaxed. Tighten your stomach muscles and buttocks and fall into a natural stride.

Walking is a pastime that can be enjoyed with children, friends or older family members and it doesn't have to cost anything.

It can fit in easily with any lifestyle or domestic circumstance.

Walking, especially in pleasant surroundings and with other people, offers many opportunities for relaxation and social contact.

Whether you want to walk to improve your health, to keep fit, to control your weight, for fun, or perhaps to recover from a period of illness, walking can benefit you.

Please consult with your doctor if you require more information.