

Benefits Of Walking After Meals

Taking a walk after a meal is a good habit that can help facilitate digestion, supply energy and maintain healthy weight

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According to Suc khoe & Doi song news site, walking after meals can bring about several health benefits as follows:



Relieving flatulence: Walking can help stimulate the digestive system. Therefore, taking a walk after a meal can help relieve flatulence. Studies indicate that a walk for 10–15 minutes after a meal in one month can help mitigate gastrointestinal symptoms like flatulence and heartburn. **Regulating blood sugar:** A walk after a meal can help control blood sugar, especially for those with type 1 and type 2 diabetes.

Improving sleep: Post-meal walking can also help improve your sleep. Those who walk more than 7,000 steps a day have higher quality sleep than those who make fewer steps a day.

Strengthening mental health:

Walking has long been proven to be able to relieve depression and anxiety.

Facilitating digestion: Some studies show that walking after meals can help accelerate digestion.

Reducing the risk of heart disease: Combining with regular exercises every day, walking can help lower high blood pressure and reduce the risk of heart disease and stroke.

Accelerating weight loss: Though high intensity workouts help lose weight fast thanks to burning more calories, walking is helpful in controlling weight.

However, to make full use of walking after meals, you should rest for 10–15 minutes after having a meal before taking a walk. This short rest helps the stomach start the digestion process and reduce the risk of cramps during the walk. Take this time to relax and drink enough water before walking for 30–60 minutes. Remember to take slow and regular steps when walking after a meal. Such a light and relaxing walk can help stimulate digestion, regulate blood sugar, and relax your body.

To boost the efficiency of postmeal walking, you should combine your walk with simple exercises for your arms and hands: Open and close your hands slowly, repeat the movement 10 times; turn your wrists clockwise and then counterclockwise for a few minutes; and swing your arms from side to side to boost the mobility of your shoulders.

To intensify the benefits of walking, you should always take deep breaths. Inhale slowly and deeply through your nose and exhale slowly through your mouth. This will help increase the conveyance of oxygen throughout your body and support digestion. Take advantage of this time to relax your mind.

Last but not least, take a walk after a meal with your friends or other members of your family and chat with them. This will make the walk more exciting. Such exchange and positive thinking will help better your mental health, making your walk not only a physical exercise but also a healthy experience.