

- Walking

Morning walk

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TAKING a walk during the early hours of the morning is widely recognised as a great way to boost energy levels throughout the day while promoting fitness and overall vitality.

To begin with, this simple activity offers numerous physical benefits, helping to keep the body active and healthy. Moreover, it significantly reduces stress and enhances mental clarity by allowing the mind to reset and focus.

For many, these peaceful moments serve as an ideal time to nurture positive thoughts and map out plans for the day ahead. In addition, the morning's natural tranquillity provides a soothing sense of joy and serenity, creating the perfect atmosphere for reflection.

Furthermore, regular walking cultivates discipline and encourages the adoption of lasting healthy habits over time. Not to mention, it requires no special equipment, making it an accessible and effective way to improve physical and mental well-being. By embracing this practice, one can feel remarkably refreshed and fulfilled throughout the day.

What truly sets morning walks apart is the unique charm of the early hours. During this time, the fresh, crisp air carries the gentle melodies of chirping birds, creating a harmonious connection with nature. Meanwhile, the serene beauty of the sky serves as a stunning backdrop that inspires renewal and calmness. For these reasons, I strongly encourage you to adopt the habit of taking a morning walk — an enriching ritual to invigorate both body and mind