- Walking

Break prolonged sitting with short walks for good health

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A new study by Columbia University has found that walking for five minutes every half an hour leads to better health outcomes. They added that breaking up prolonged sitting will prevent the development of various health complications. For the study 11 participants were split into five groups, each following a different exercise regime. The team of scientists analysed blood pressure and blood sugar levels of all the participants. They found that the participants walking for five minutes every half an hour had the best health outcomes.