Walking Facts and Benefits

- On average, every minute of walking can extend your life by 1.5 to 2 minutes.
- Walking an extra 20 minutes each day will burn off 7 pounds of body fat per year.
- To burn off 1 plain M&M candy, you need to walk the full length of a football field. Think about that next time you dip your hand into a candy bowl at someone's office!
- Longer, moderately-paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.
- Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.

Walking provides the following benefits:

- Improves efficiency of your heart and lungs
- Burns body fat
- Raises your metabolism so you are burning calories faster, even while you rest
- Helps control your appetite
- Increases your energy
- Helps relieve stress
- Slows aging
- Lowers high blood pressure
- Helps control and prevent diabetes
- Reduces risk of some forms of cancer including colorectal, prostrate, and breast
- Promotes intestinal regularity
- Helps promote restful sleep
- Strengthens your bones and reduces bone density loss in older women
- Reduces stiffness in your joints due to inactivity or arthritis
- Relieves most cases of chronic backache
- Improves flexibility
- Improves posture
- Promotes healthier skin due to increased circulation
- Improves mental alertness and memory
- Spurs intellectual creativity and problem solving
- Elevates mood
- Helps prevent and/or reduce depression
- Improves your self-esteem
- Helps control addictions to nicotine, alcohol, caffeine, and other drugs

Walking is much preferable to running or jogging because it creates less stress on your joints, including hips, knees, and ankles. Remember to properly warm up before and cool down after every walking session...your muscles will love you for it!