

Take advantage of the walking path around Veterans Memorial Park. Here are a few great facts how walking can benefit your health. =)

Before you start any exercise program you may want to consult your doctor.

- On average, every minute of walking can extend your life by 1.5 to 2 minutes. That's about a 2 for 1 trade-off!
 - 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.
1. **Walking prevents type 2 diabetes.** The [Diabetes Prevention](#) Program showed that walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.
 2. **Walking is good for your brain.** In a study on walking and cognitive function, researchers found that women who walked the equivalent of an easy pace at least 1.5 hours per week had significantly better cognitive function and less cognitive decline than women who walked less than 40 minutes per week. Think about that!
 3. **Walking strengthens your heart if you're male.** In one study, mortality rates among retired [men](#) who walked less than one mile per day were nearly twice that among those who walked more than two miles per day.
 4. **Walking strengthens your heart if you're female.** [Women](#) in the Nurse's Health Study (72,488 female nurses) who walked three hours or more per week reduced their risk of a [heart attack](#) or other coronary event by 35% compared with women who did not walk.

Fitness Walking

A question often asked is "How fast should I walk?". The answer appears to be "As fast as you can without losing the ability to hold a conversation". In other words, walk at a pace that is brisk but does not prevent you from talking to a friend in a normal manner. This is sometimes called the "talk test".

Walking should be an aerobic exercise. Aerobic means that exercise is carried out at a comfortable pace to ensure that the muscles have sufficient oxygen available. If you are gasping for breath, you are doing anaerobic exercise. Regular aerobic exercise done three times a week for 30 minutes or more will result in increased levels of fitness and aerobic capacity.

An interesting study done at Loughbrough University came up with some very interesting results. The researchers found that walking continuously for 30 minutes 5 days a week provided nearly identical increases in fitness as splitting 30 minutes into three 10-minute walks. More surprising was the finding that the short walkers lost more weight and reported greater decreases in waist circumference than the long walkers!

All of this research seems to point to the fact that getting fit is really very simple and doesn't require any sort of complicated exercise regimen. Just get out there and walk every day in whatever manner you can manage and you will reap the benefits of walking!

Walking one mile (1.6km) will burn up at least 100kcal (420kJ) of energy. Walking two miles (3.2km) a day, three times a week, will help reduce weight by approximately one pound (0.5kg) every three weeks.

Another benefit of walking is that walking alters your body's fat metabolism so that fat is burned up instead of sugars. This will help you lose weight.

The bottom line if you want to lose weight is: start walking today and walk every day and you WILL lose weight - guaranteed!

Walking and Children

Most recent studies of young people indicate declining participation in physical activity. Only half of 11-16 year olds currently walk for ten minutes a day. Children generally walk *much* less than they did a decade ago. Childhood obesity is becoming a major health concern in western countries. TV, computers, and video games account for part of the change, but increased parental fear for children's safety out of doors also plays a large part.

So how do you get children walking? A excellent approach is to make walking part of a fun activity - make the walk a means to an end. If children know that a playground, a swim, or a treat awaits them at the end of a walk, they are more likely to feel positive about it.

It's important to get children into the habit of walking at an early age. The best way to get them walking is to integrate walking into their lifestyles. For example, rather than driving the kids to school, why not walk them to school? This may be impractical, but even if you can walk once or twice a week or even walk part way and drive the rest, the benefits to your children (and you) will be enormous. Make walking a priority and you and your children will both benefit.



The Duke University Medical Center found that [a brisk 30-minute walk or jog around a track three times a week was just as effective as antidepressant medication](#) in relieving the symptoms of major depression in middle-aged and elderly people.

[If you walk regularly \(3 or more times a week for a half hour or more\) you are saving \\$330 a year in health care costs](#), according to a survey published in the October, 2000 issue of *The Physician and Sportsmedicine*.

- [An average city block is equivalent to 200 steps.](#)
- [One mile is about 2,000 steps, or a 20-minute walk.](#)
- [In your lifetime you will walk about 65,000 miles](#)--that's three times around the earth!

Sources: [buzzle.com](#), [coolwalking.com](#), [selfgrowth.com](#), [lime.com](#), [timeforfitness.com](#), [medicinenet.com](#)