WHAT HAPPENS TO

YOUR BODY

on a Walk

BRAIN

Walking boosts blood flow to the brain, decreases stress hormones and releases endorphins, improving mood, lowering depression and reducing the risk of cognitive decline.

MUSCLES

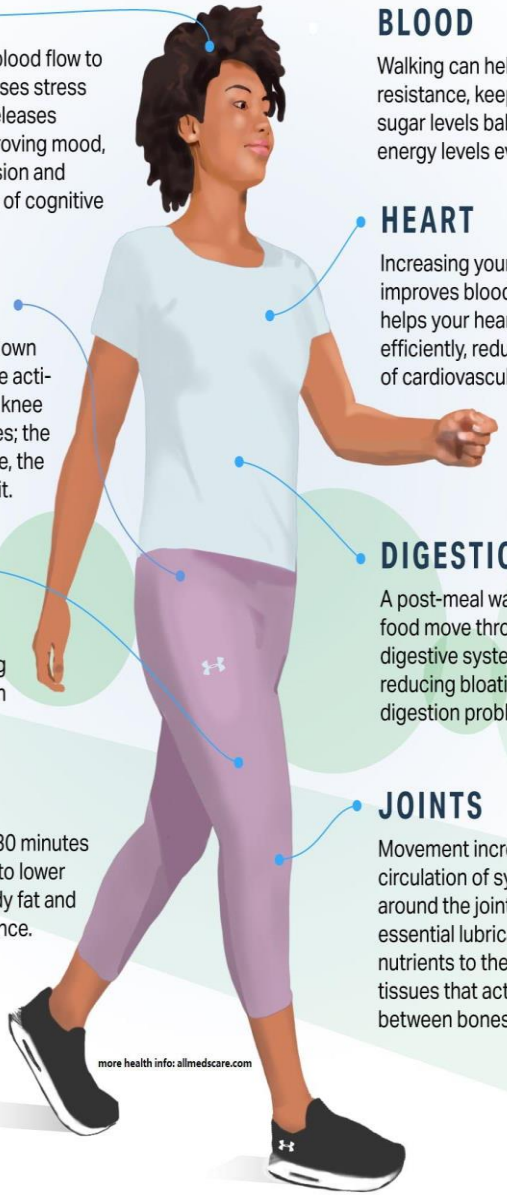
Walking up and down hills increases the activation of the hip, knee and ankle muscles; the steeper the grade, the bigger the benefit.

BONES

Like other weight-bearing activities, walking can help maintain bone health.

WEIGHT

Walking at least 30 minutes per day is linked to lower body weight, body fat and waist circumference.



BLOOD

Walking can help reduce insulin resistance, keeping blood sugar levels balanced and energy levels even.

HEART

Increasing your heart rate improves blood flow and helps your heart pump more efficiently, reducing the risk of cardiovascular disease.

DIGESTION

A post-meal walk can help food move through your digestive system, reducing bloating and digestion problems.

JOINTS

Movement increases the circulation of synovial fluid around the joints, providing essential lubrication and nutrients to the cartilage, the tissues that act as a cushion between bones.

more health info: allmedscare.com

IS IT BETTER TO WALK LONGER OR FASTER?

GOAL SETTING

Set clear fitness goals for weight loss or stamina improvement.

TIME VS. DISTANCE

Researchers suggest that walking for distance might offer better estimations of exercise and calorie expenditure.

STUDY FINDINGS

In a study comparing time-based and distance-based walking, the distance-based group lost weight, while the time-based group gained weight due to overestimating calorie burn.

CALORIE TRACKING

If you aim to track calories burned, focus on distance walked, estimating about 100 calories per mile (varies with factors like height, weight, pace).

EXERCISE INTENSITY

Exercise intensity matters for calorie burn and overall health. Faster walking pace correlates with longer telomeres, indicating a younger biological age.

PACE MATTERS

Picking up the pace and maintaining a brisk walk can lead to better health outcomes.

TIPS FOR EFFECTIVE WALKING

1. Track Your Activity: Monitor your progress, whether through time or distance, to stay motivated and reach your goals.
2. Warm-Up and Cool Down: Start with a slow walk to warm up and end with a cool-down period for optimal results.
3. Variety: Keep your routine interesting by trying new routes and distances.
4. Interval Walking: Mix moderate and brisk walking for a more challenging workout.

HOWDY HEALTH LEARN MORE

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https://howdyhealth.tamu.edu/is-it-better-to-walk-for-time-or-distance/

HOW TO BURN MORE CALORIES WALKING

Walking. Countless numbers of doctors recommend it. Scores of studies extol its benefits. Walking is an incredibly effective exercise. It is also convenient & easily integrated into daily life. Here's how to up the ante & turn a regular walk into a **challenging workout** to burn **extra** calories, lose weight, tone up and get fit.

POSTURE: Shoulders back & relaxed. Eyes looking forward & chin level.

WEIGHT: Wear a weighted vest or a backpack. Avoid hand & ankle weights.

ARM SWING: Bend elbows at a 90 degree angle & swing arms forwards & back.

GLUTE SQUEEZE: Squeeze glutes together as you push off with back foot to shape & firm butt.

HILLS: Hilly terrain tones your butt & hamstrings. It also greatly boosts your caloric burn.

TOE PUSH-OFF: Strike the ground with heel. Roll forward through arch of foot & push from toes.

HEART RATE: Get your heart rate up to burn more calories. Try walking at a brisk pace - as if you were late.

WALKING POLES: Nordic walking poles can increase calorie burning by almost 50%.

ABS: Pull your stomach muscles in to tone abs and burn more calories.

LIFT KNEES: Add intervals: Knee lifts (Bring knees towards chest) or soldier kicks (keep knees straight).

LONG STRIDES: Increase your stride length to target inner & outer thigh muscles.

UNEVEN TERRAIN: Walk on trails, grass, sand, gravel, snow or small rocks. This will make your muscles work harder.

SWITCH IT UP

Do 1-minute intervals walking backwards. Move slowly on an even surface, clear of traffic & obstacles.

Add short intervals: Increase your speed (walk faster, jog or sprint). Walk hills or climb stairs for several minutes to boost your calorie burn.

Do 1-minute intervals of sideways shuffle. Left & right sides. Unusual movement is challenging & works muscles hard.

LUCAS JAMES

For more fitness & nutrition information visit lucasjamespersonaltraining.com