

# LIVESAFE

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## ► Walking, Still our Best Medicine

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**Regular walking has a direct impact on the cardiovascular and musculoskeletal systems, by reducing the risk of coronary disease and stroke, lowering blood pressure, reducing cholesterol levels in blood, increasing bone density, preventing osteoporosis and managing the negative effects of osteoarthritis, and easing back pain.**

Walking also benefits our general well being.

If you walk at least a few times a week for about 30 minutes or longer, you can greatly improve your cardiorespiratory fitness and function.

Becoming a regular walker leads to:

- Stronger bones.
- Better range of motion and flexibility.
- Improved capability to control body weight — Walking for 30 minutes covers a distance of 2.0 to 2.5 km and burns about 125 calories. This amount may not seem like much, but if you walked five days a week within one year you would burn over 32,000 calories which would burn off more than 5 kg of fat.
- Improved mental health — Walking, particularly when walking with good company and in pleasant surroundings, reduces depression and anxiety. Walkers tend to be good sleepers.
- Faster recovery from illness — Gentle walking is often prescribed for people suffering from a variety of medical conditions. Initially, you may be able to walk only a short distance at a slow pace, but if you persist you will soon be able to increase your distance and speed up your recovery.

Adapted from: [www.ccohs.ca/oshanswers/psychosocial/walking.html](http://www.ccohs.ca/oshanswers/psychosocial/walking.html)

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