

# Health Enews

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## 6 Health Benefits of Walking

### 1. Lowers risk of disease

Regular exercise, including walking, can reduce your risk of diabetes up to 60% and a 20% lower risk of developing colon and breast cancer. Walking briskly for 30 minutes each day can reduce your risk of stroke up to 27%.



### 2. Helps with weight loss

Walking an extra 20 minutes each day will burn off 7 pounds of fat each year. A person that weighs 132 lbs. and takes a stroll walking at 2mph for 30 minutes burns approximately 75 calories, a 3 mph walk burns 99 calories, and a 4 mph (fast walk) burns 150 calories. Walking also increases muscle mass and tones, which in turn, increases your metabolism so that you burn calories even at rest.

### 3. Helps prevent dementia

Regular exercise can reduce dementia risks up to 40% and has a protective effect on brain function. Walking at one's own pace for 40 minutes, 3 times a week can enhance the connectivity of brain circuits and combat a decline in brain functions.

### 4. Boosts your Vitamin D levels

You're walking outside, your boosting Vitamin D levels. Low Vitamin D levels can cause your bones to become brittle, thin, and misshapen. Additional complications of low levels of Vitamin D include: metabolic disorders, cancer, heart disease, infections, and cognitive disorders.

### 5. Gives you energy

A brisk walk at lunch is a natural energizer, it boosts your circulation, and increases oxygen supply. Walking also wakes up stiff joints and eases muscle tension.

### 6. Makes you happy

Moderate intense walking, such as a brisk walk has been shown to be as effective as antidepressants in cases of mild to moderate depression. Getting exercise releases endorphins that reduce stress and anxiety.

You don't have 30 minutes each day to exercise? Then consider joining your co-workers for a brisk walk on your next break!