

# THE ANATOMY OF WALKING

Walking for 30 minutes a day, five times a week, can make you healthier and happier. As well as increasing energy levels, improving overall mood and giving you the 'feel good' factor, work performance can be improved by between 4 – 15% when people are physically active on a regular basis.

## What's your why?

### 1. Boosts your mood.

Eases stress, tension, anger, fatigue, and helps prevent and treat anxiety and mild – moderate depression.

2. Helps you **sleep** better.

### 3. Limits sickness.

Regular activity in green space can help boost your immune system.

4. Regular activity can help **prevent breast cancer.**

### 5. Improves heart health

and reduces risk of stroke by increasing heart rate and circulation.

6. **Works arms** and shoulder muscles.

7. **Works abdominal muscles.**

### 9. Reduces and prevents diabetes.

30 – 40% lower risk of diabetes vs. people who are inactive.

8. **Reduces stress** and improves blood pressure.

10. **Limits colon cancer.**

11. **Strengthens legs** including quadriceps, hip flexors and hamstrings.

12. Helps to **control weight.**

14. **Strengthens bones** – walking is a weight-bearing activity and helps prevent osteoporosis and reduces risk of hip fractures.

13. **Improves balance** preventing falls.

15. **Burns more fat** than jogging.

