

How Walking Program Benefits in Maintaining Physically Active Lifestyle?

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Introduction

Walking is a low-cost, simple, and effective form of exercise. Walking can be as simple as a stroll around the park or as strenuous as a tough hike.

Walking Benefits

As walking is the most basic, straightforward, and cost-effective form of exercise, why not to choose it and involve in our daily routine. Walking can be as simple as a stroll around the park or as strenuous as a tough hike. Walking is an excellent way to maintain a physically active lifestyle because it can be done practically anywhere and at any time, and all you need is a good pair of shoes.

Health and Cardiovascular/Aerobic Fitness

Many of the health-related benefits of a physically active lifestyle can be obtained by walking at a moderate pace for 30 to 60 minutes most days of the week, including lowering blood pressure, improving sleep, increasing energy, delaying the ageing process, and lowering illness risk. Researchers believe that daily step counts of 7,000–9,000 could provide health advantages comparable to the federally required 150–300 minutes of moderate to strenuous physical activity per week.

Low Stress

As walking puts very less or little load on your bones and joints, hence walking is termed "low impact."

Bone Health

Walking is a "weight-bearing" activity since it engages the majority of the major muscle groups in your legs, thighs, and buttocks. Walking can improve not only the strength of these muscles, but also the strength and overall health of your bones.

Body Composition

Walking on a regular basis might assist your body burn calories and build muscle. This may assist you in maintaining or losing weight.

General Guidelines for Beginning a Walking Program

If you are new to walking, begin carefully and gradually increase the amount of time you spend walking and the distance you cover. You could begin by walking for 10 to 15 minutes several times a day.

Increase your walking time to 20 to 30 minutes at a time until you reach your target. Once you've accomplished this, set a new goal for yourself to walk at 3 mph or one mile. Keep in mind not to overdo it. You should be able to carry on a conversation while walking. Check with your doctor before beginning any exercise routine if you have any health or medical concerns.

- Dress comfortably in loose-fitting clothing and good walking shoes
- Make a strategy. What route will you take? How many days do you plan to walk? How far will you walk and how long will you go? Will you stroll by yourself or with a companion?
- Warm up for at least 5 to 10 minutes before starting your walking activity. Stretching your arm and leg muscles will assist your body prepare for increased physical activity by increasing blood flow.
- Maintain appropriate walking form. With your head and chest high, shoulders down and relaxed, and arms swinging naturally by your sides, walk tall.
- To support your lower back, keep your abdominal muscles firm.
- Begin by putting your heel on the ground, and then roll your weight forward.
- Allow your body to "cool down" by walking at a slower speed. Finish your stroll with some light stretches to assist your heart and breathing rates return to normal.
- Drink lots of water before, during, and after each workout, especially if the weather is hot and humid.
- Most importantly, pay attention to your body. If it aches or makes you feel uneasy, it's probably not the ideal pastime for you.

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