

## Walking for Fitness

Fitness walking has something for everyone, even people who are already fit. Walking is one of the safest ways to condition your body aerobically. It can boost energy, help you lose weight, and reduce stress. Doing at least 150 minutes of moderate-intensity aerobic activity a week, such as brisk walking, has been shown to lower risk of many chronic diseases. It may be helpful to use a fitness tracker or pedometer to help reach your personal walking goals each week.



### Physical benefits

- Brisk walking strengthens your heart, lungs, and bones, and tones your muscles.
- When walking, your feet land with less impact than in other sports. This reduces chances of muscle, bone, and joint injury.
- Regular walking improves your cholesterol levels and lowers your risk of heart disease. And it helps you control your blood sugar if you have diabetes.
- Brisk walking is a weight-bearing activity, which helps maintain bone density. This can help prevent brittle bones (osteoporosis).

### Personal rewards

- Taking walks can help you relax and manage stress. And fitness walking may make you feel better about yourself.
- Walking can help you sleep better at night and make you less likely to be depressed.

## Q & A about fitness walking

Q: Will walking keep me fit?

A: Yes. Regular walking at the right pace gives you all the benefits of other aerobic activities, such as jogging and swimming.

Q: Will walking help me lose weight and keep it off?

A: Yes. Per mile, walking can burn as many calories as jogging. Your healthcare provider can help work walking into your weight-loss plan.

Q: Is walking safe for my health?

A: Yes. Walking is safe if you have high blood pressure, diabetes, heart disease, or other conditions. Talk with your healthcare provider before you start.

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