

TOGETHER WE MAKE THE WAY

BE FIT!, BE HEALTHY!,KEEP HIKING!



"Walking is a panacea body and spirit." Steps cut stress. Trends clearly show that in the world today is walking for health (often referred to as walking) more popular than the recently recommended running. He has a quick walk to develop fitness and weight loss effects similar to running, unlike him but saves less burdensome and joints, ligaments and tendons. Measurements have shown that the impact of the foot on the ground while running burden on the joints, like the weight of the body, three to four times greater. In addition to the favourable effect on muscle strengthening is walking contribution to the psyche. Route to getting rid of not only fat, but also stress, getting good mood of his performance. The main advantage of walking is an equable load on the body.

4 TIMES YES FOR WALKING AND HIKING

- 1) walking leads to a definite reduction in the risk of cardiovascular disease and death itself, both in men and women
- 2) benefits are also evident in less ambulatory, since 3 hours / about 10 km per week, medium pace
- 3) greater activity leads to a significantly greater impact on morbidity and mortality
- 4) greater effect can be achieved with a quick walk

SEVERAL BENEFITS OF WALKING

Walking regularly at a good speed improves your muscle strength and endurance and also helps build stamina.

It is good for your heart. Walking is known to reduce your blood pressure, improve your blood circulation and all round cardio vascular functions.

Walking is said to be good for your bones. It is a great way to strengthen your bones.

Walking about 30 minutes a day increases your bone density and slows down bone loss in your legs. This low-impact exercise is also said to target your spine, legs and hips.

It promotes mental well-being. Known as a great stress-buster, if you walk outdoors, the combination of fresh air and exercise is an excellent way to boost your morale and mood.

Helps prevent type 2 diabetes. Studies have revealed that walking approximately 150 minutes per week can reduce the risk of diabetes.

It reduces the risk of colon and breast cancer.

Last but not the least, walking is said to be safer than running. Fitness experts are of the opinion that walking is better for your knees and joints as compared to running. It leads to fewer injuries and is said to be a good beginner workout.



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HEALTH BENEFITS OF WALKING

