

# Walk your way to better health in less than 30 minutes a day!

## Sitting is the new smoking. Stand up More

- **Improve mood**– Walking stimulates the production of brain chemicals like serotonin and endorphins that are mood alleviator and make you feel good
- **Live longer** – Walkers live an average of 1.3 years longer than couch-potato peers.
- **Reduce risk of Type 2 diabetes** – Walking briskly most days of the week improves the ability of muscles to use insulin and absorb glucose. This puts less stress on insulin-making cells ,controls blood sugar levels and has great cardiovascular benefits as well.
- **Boost brainpower and reduce memory loss** -Walk 40 minutes three times a week and help prevent a decline in brain function associated with aging.





"LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANCE, YOU MUST KEEP MOVING."-EINSTEIN

## Rev metabolism

Walking boost metabolism and prevent blood pressure, weight gain, cholesterol deposition, fat around waist all associated with sedentary lifestyle.

## Joint & Muscle Health

Walking is weight bearing exercise that improves muscle strength, helps in coordination & balance

## Healthy Sleep

According to the Sleep Foundation, researchers have found that people who exercised regularly, including walking, fell asleep more quickly, slept longer, and had better quality sleep

## Aim for 10,000 steps a day

### Walk @ Home

- Take frequent walking breaks while working from home .
- Make a go-to "loop" in your house. Find a place where you could walk around in a loop (the larger the better) for an extended period of time.
- Walk in place while watching a show.
- Walk in place while on the phone
- Take a walk as a family in your garden ,terrace
- Get up and drink a glass of water more frequently , walk to your kitchen .