

# Walking for Health

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With working from home being a new norm, many people are simply not moving enough. A sedentary lifestyle can cause a multitude of health issues. One easy way to combat this and to improve overall health and fitness is simply to walk!

## Benefits of Walking

Walking is a great form of exercise that is often underrated. Some of its many benefits include:

- Low impact exercise
- Aerobic activity
- Chronic pain management
- Boost immune function
- Positive effect on blood pressure
- Decrease risk of heart disease
- Walk anywhere
- Easily adaptable to any fitness level
- Assists in weight management



## Getting Started

A walking program can be started at any fitness level. Here's a way to get started at each level:

### Beginner

- Walk 10 mins for the first 3 weeks
- Increase 5 mins/week until you can walk 30 mins/day, 6 days/week
- If new to walking for fitness you can try 3 sets of 10 mins spread throughout the day

### Intermediate

- Walk 3 miles or 45 mins 3-5x/week around a 3.5-4.5 mph pace
- If you can't walk that fast increase by distance instead

### Advanced

- Walk 1 hour 6-7 days/week
- Increase the intensity by : walk/hike with backpack, walk on the beach, add stair climbing

