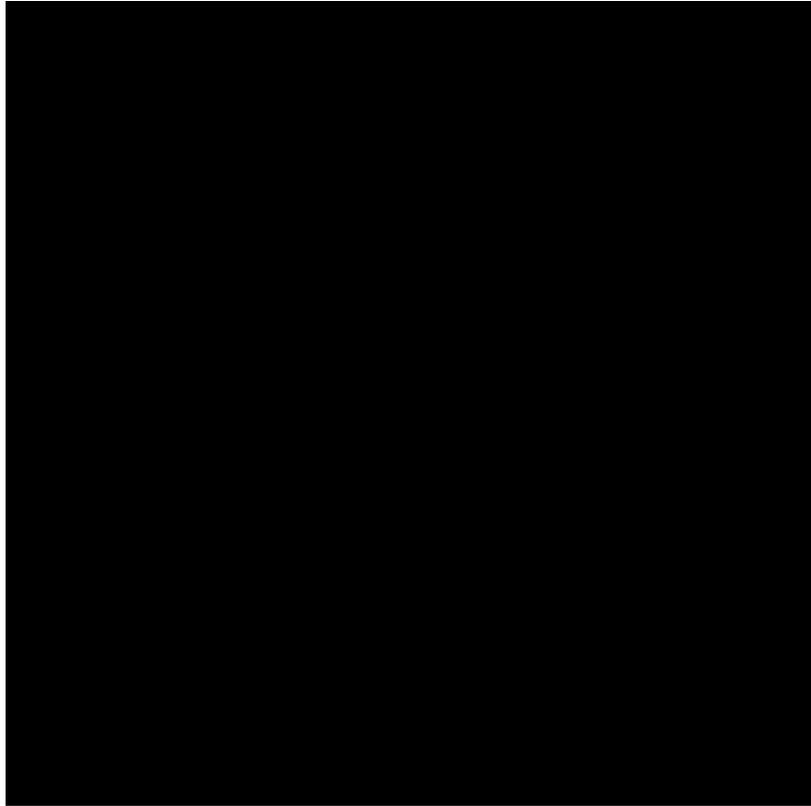


There are many health benefits to walking, and it is far and the most accessible, easy, and enjoyable exercise there is. There s nothing like a good walk in fresh air to lift your spirits



Make walking part of your daily routine to enjoy several health benefits to your heart. Walking picks up your heart rate while lowering blood pressure. It also improves circulation, strengthens the heart, and prevents the development of heart disease.

Taking a walk after mealtime keeps your blood sugar in check. As you walk, your muscles use up more glucose, leading to lower blood sugar levels over time. This benefits people with Type 1 diabetes, or anyone seeking to have their blood sugar levels returned to normal after a bout of mild illness or stress.

Adults who have a habit of walking for exercise daily are at less risk for developing the cold and flu than those who remain sedentary. Brisk walking increases the circulation of white blood cells and natural killer cells, key players in the body's innate immune system.

Exercising when you're already tired may not seem like such an attractive idea, but you don't have to aim big. Just a quick walk can increase oxygen flow as well as levels of energy-boosting hormones like cortisol, norepinephrine, and epinephrine in your body.

Walking releases endorphins to the body. These natural pain-killers lift away feelings of anxiety and depression, keeping you feeling positive. Studies have also found that walking consistently as exercise is correlated with lower rates of age-related memory decline, [dementia](#), and [Alzheimer's disease](#).

Those with osteoporosis can use walking as a way to ward off the loss of bone mass. Walking also benefits people with arthritis, as it strengthens and protects the joints. The movement from walking delivers oxygen and nutrients to the joint cartilage, giving it extra support and reducing pain.

---