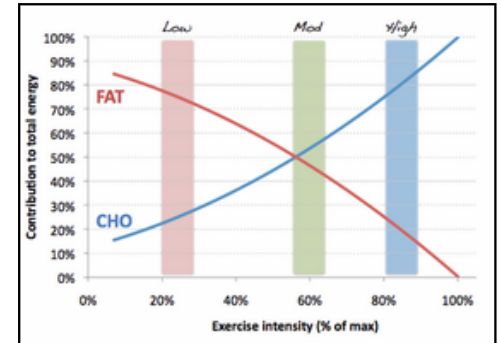


Walking: The Most Underrated Health Tool

Any well-rounded fitness plan should include walking - often. Whether your goal is fat loss, cardiovascular health, aerobic endurance, or overall health, walking should be a cornerstone of your plan. It's effective, accessible, and sustainable.

Fat Loss

Walking typically keeps your heart rate in the fat-burning zone, allowing your body to burn a greater % of calories from fat as opposed to carbs (see chart). It also increases your total daily calorie expenditure, helping to create the energy deficit needed for fat loss.



Cardiovascular Health

Regular walking strengthens your heart, improves circulation, lowers blood pressure, and reduces the risk of heart disease.

Aerobic Endurance

Walking increases aerobic capacity, improving your body's ability to efficiently use oxygen. This improves endurance & stamina, making other forms of exercise easier.

Overall Health

Studies show that getting at least 7,000 steps/day decreases your risk - by up to 50-70% - of premature death from all causes! Walking reduces stress, improves mood, enhances digestion, promotes insulin sensitivity, supports joint health, and boosts longevity. It's also low-impact, making it a safe option for people of all fitness levels.

Get your walk on! Try these:

- Morning stroll with your partner after dropping the kids off
- Midday movement break
- After-dinner walk with the family
- Walk around the neighborhood while listening to a podcast
- Walk in place in front of the TV in the evening
- Schedule a walk into your day to make sure it happens
- Take a walk while on a phone call
- Walk around the park/field while your kid is at practice
- Take your dog on an extra walk each day - she won't mind!
- Encourage fun walking adventures with your family on the weekends: explore a new part of town, try a new hike

