



## Reasons To Get Walking

We don't think it is a surprise to anyone that exercise is good for you. Exercise can come in many shapes and forms and finding the right one for you is just as important as exercising itself. At Blue Hills Sports & Spine we have plenty of patients that know they should be exercising but just aren't sure where to start. Maybe you have tried jumping on the bandwagon of P90X, CrossFit, Insanity or any of the other fitness trends that keep popping up. The fact is that these forms of exercise are good for building strength and overall fitness levels, but they stick with only about 20% of the population. In most cases, these people are generally already committed to fitness and are just looking to up their game.

It is estimated [that 80% of the population](#) does not come close to the recommended exercise guidelines. That is a huge number of people that are not reaching a recommended benchmark that can really help with general health.

Many people are intimidated by exercise. They do not know where to start, they do not want to go to gyms or they do not want to spend the money on a health club or expensive fitness equipment. For many people all they really need to do is to get out and walk!

Walking 30 minutes, a day has a number of health benefits. The walking should be at a moderate pace to truly get the benefits, but even starting a slow pace to get your body moving is a great place to start. In other societies that are not as car dependent as we are in the US, the general health of the population is much better as they incorporate walking into their day every day!

What if you don't have 30 minutes to walk? The good news is that it doesn't have to be done all at once. Even breaking up walks into 5 or 10-minute intervals throughout the day has been shown to improve overall health. Adding "interval" training into your walks-short bouts of faster, more brisk walking-can help to further the benefits.

Is walking as good for your cardiovascular system as more intense running? No, but walking at a brisk pace just below where you feel like you should start jogging can [come pretty close to the same benefits](#).

One of the more recent trends is people using activity trackers to help them monitor their daily activity. Whether it is counting steps, minutes or miles, having a goal and trying to reach or exceed it every day can be powerful.

If you do not exercise regularly and are not sure where to start, try walking. It is free exercise and something that almost anyone can do. Here is a list of some of the true benefits walking for 30 minutes a day can get you. Take a look and see if there are things on this list that might help you in your life:

- ✓ Reduces Risk of Heart Disease
- ✓ Helps to Reduce or Maintain Weight
  - ✓ Helps To Reduce Stress
  - ✓ Increases Energy Levels
  - ✓ Helps To Boost Mood
- ✓ Gets Your Blood Pumping
  - ✓ Helps Reduce Anxiety
- ✓ Helps Increase Lung Function
- ✓ Helps To Improve Quality Of Sleep
- ✓ Improves Coordination and Balance
  - ✓ Helps To Spark Creativity
- ✓ Can Help Get You Where You Are Going

These are all pretty good reasons to start walking today. So lace up those shoes and get going. Remember that all great journeys start with a first step!