The Benefits of Walking

Walking... a healthy journey!

Walking is the number one activity of choice among Canadians, and it’s no wonder why! Walking benefits the body and mind in countless ways. Here are some of the top benefits of walking:

- **Improves Cardiovascular Health**: Walking helps to increase heart and lung function, lowering the risk of heart disease and stroke.
- **Aids Weight Management**: Walking can help you maintain a healthy weight or lose weight gradually. It helps burn calories and is a great way to maintain a healthy BMI.
- **Boosts Mental Health**: Walking has been shown to reduce symptoms of depression and anxiety. It can also improve focus and concentration.
- **Strengthens Muscles and Joints**: Regular walking can help to build and maintain muscle mass, which is important for maintaining balance and reducing the risk of falls.
- **Enhances Sleep**: Walking can improve sleep quality by reducing daytime drowsiness and making it easier to fall asleep at night.
- **Boosts Immunity**: Walking strengthens the immune system, making the body better able to fight off infections.
- **Provides Social Interaction**: Walking can be a social activity, helping to promote healthy social relationships.
- **Improves Brain Function**: Walking can improve cognitive function and memory, especially in older adults.
- **Releases Endorphins**: Walking releases endorphins, which can help to improve mood and reduce stress.
- **Increases Life Span**: Regular walking has been linked to a longer lifespan.

Walking is a simple, accessible, and effective way to improve health and wellness. Whether you walk for 30 minutes a day or 30 minutes a week, the benefits are significant. So, why not start walking today and see the positive changes it can bring to your life!

For more information, visit the website of Shape Active People Everywhere at edmonton@shapeab.com.