

Ramble on With Kathleen

Walking

“Walking is a man’s best medicine.”

Hippocrates

With spring arriving many of us are thinking about exercise! Of course, we may have dreams of joining a gym, taking up water skiing, mountain climbing or surfing the many oceans...then we wake up! All of those dreams sound just fine but they are very expensive and time consuming. Most of us are not in shape enough to even begin to think about surfing or mountain climbing. And that word “work” always comes into play when we are seeking and scheduling time off to travel to that highest mountain or to that blue ocean.

Finances play a role too because most of us don’t have that extra thirty grand sitting around to buy a speedboat, the truck to pull it and those fancy colored water-skis. Gyms can be quite expensive also. However, there is a way to exercise to address your health and wellness that costs basically nothing and that can be done pretty much any time of day or night. WALKING!

With all the new fads and expensive gyms this old fashion form of exercise has lost the attention it definitely deserves. So grab a pair of good comfortable shoes and a friend and go for it! A pedometer can be purchased for a few dollars to measure your distance. Water bottles with hooks to hang onto your belt are also available. Walking logs are great to monitor your exercise plan and it is recommended you try to walk the same time of day to help you keep the schedule. But if your schedule changes you can fit this sport in anytime. Outside walking is preferred but using malls or the YMCA can be beneficial in the event of very cold or hot weather. Always wear sunscreen, have fluids available on your walk and take time to rest along the way if needed. Listen to your body and enjoy your walk!

Other Benefits of Walking

- Burns almost as many calories as jogging
- Eases Back Pains
- Slims your waist
- Lowers Blood Pressure
- Reduces levels of bad cholesterol
- Reduces heart attack risk
- Enhances stamina and energy
- Lessens anxiety and tension
- Improves muscle tone
- Easy on your joints
- Reduces appetite

- Increases aerobic capacity
- Can be done in short bouts
- Slows down osteoporosis bone loss
- Can be done when you are traveling
- Can be done with a friend or family
- Can be done with a pet
- Inexpensive Sport
- You set the pace
- Can be done at work such as taking the stairs instead of the elevator
- Can be worked into your own schedule of needs such as walking to the store instead of driving

Try to list any other benefits of walking!

Sources: Sportline's Guide to Walking

Wellness Webpage by Kathleen Dunkelberger Nursing Consulting Services, LLC
This information is for educational purposes only and is not intended to be medical advice. As with any exercise program, all individuals are encouraged to seek the advice of their medical practitioner prior to starting any walking or exercise program.