



“A Peaceful Stroll Is Good For The Soul...”

Walking.

Walking Through Time.

Hippocrates (~460 BC – 377 BC), known as the father of modern medicine, was quoted in saying, “Walking is man’s best medicine.”

For both young and old, rich and poor, walking is beneficial to all! And the great thing is, that partaking in it requires very little effort or resources – after all, you can walk barefoot, or even in place, or walk up and down the stairs in your own home!



The Gateway “Drug”.

Walking is the starting place for improving your life and upping your quality of health and fitness - almost passively!

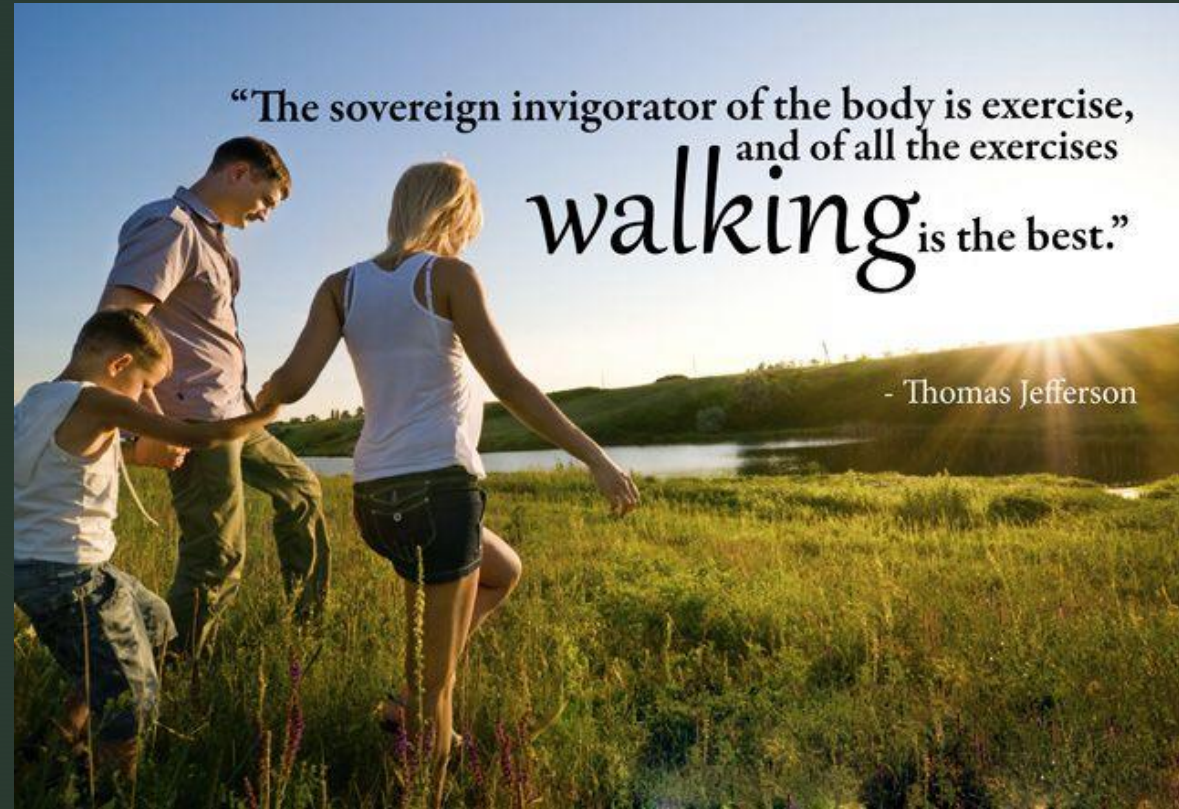
Even a short 15 – 20 minute walk can show improvement in your cardiovascular, hormone and muscle function.



Making The Pain Walk Away.

Walking is just about the safest exercise available to us. And walking regularly can actually relieve achiness and soreness - especially in sedentary people.

According to the *Arthritis Foundation*, inactivity is one of the primary reasons for achiness and soreness since this results in joints being cut off from essential fluid supply.



A Heart For Walking.

The *American Journal of Preventative Medicine* published an article in 2013 which followed over 1,000 patients who had various diseases, and found that walking has significant benefits in the majority of adults; offering protection from heart attacks, strokes and coronary heart disease.

Try taking your dog along with you on your next walk, I'm sure it would be enjoyable and beneficial for you both!



Baby Steps.

Start small by setting achievable walking goals for yourself: For the first week, try setting a timer for just five minutes, and walk for the duration of that time – it doesn't even have to be done outside! – And then for the next week, add a few more minutes. And so on and so forth.

At this achievable pace, you'll soon be walking regularly for longer periods of time, and hopefully reach a level of activity that you didn't know you were capable of!

Try walking today!



Healing Hands
Health Center