

Benefits of Brisk Walking



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1. Body Weight Control

When it comes to weight loss, walking is just as effective as more intense workouts, even with the ones that increase the heart rate and cause you to sweat, like running, swimming, cycling, aerobics, working out at the gym, dancing, football/rugby, badminton/tennis, and squash. Walking at a fast or brisk pace uses a good amount of body energy, but it does not wear you out, meaning that you perceive it as easier, and you are still able to do all your tasks during the rest of the day. Walking will also help you control cortisol levels, which is linked to fat storage and cravings.

2. Improved Heart Health

Briskly walking accelerates the heart rate, positively affects blood pressure and boosts the exercise capacity, maximal oxygen consumption and quality of life. [Regular walking](#) will help you [prevent strokes](#), heart attacks, and coronary heart disease. Heart disease is the no. 1 killer in the U.S. and it is most often a result of the sedentary lifestyles we lead, high in stress, and low in healthy foods. Researchers have shown that walking briskly for about 30 minutes daily, five days a week, leads to a 19 percent lower risk of coronary heart disease risk, and the more you increase the speed and intensity, the more protected you will become.

3. Improved Bone Health

Walking regularly stops the loss of bone mass that occurs due to aging and lowers the risk of fractures or osteoporosis. Brigham and Women's Hospital conducted a study which showed that postmenopausal women who walked for 30 minutes daily lowered the risk of hip fractures by 40 percent.

4. Improved Joint and Muscle health

Walking is a healthy way to prevent chronic diseases, and at the same time, it is the safest form of exercise. Regular walking boosts circulation, fights inflammation, and supports the function of the lymphatic system. It also boosts the circulation of the synovial joint fluid, and thus helps the distribution of oxygen and nutrients to the needed areas. Therefore, it is of great help if you suffer from pain or injuries of the joints. Additionally, it will also improve the appearance of your legs. According to Luis Navarro, MD, founder, and director of The Vein Treatment Center in New York City: *"The venous system includes a circulatory section known as 'the second heart,' which is formed by muscles, veins, and valves located in our calf and foot. The system works to push blood back up to the heart and lungs—and walking strengthens this secondary circulatory system by strengthening and preserving leg muscle, which boosts healthy blood flow. If you already suffer from varicose veins, daily walking can help ease related swelling and restlessness in your legs. Also, if you are genetically predisposed to have varicose and/or spider veins, walking daily can help delay the onset."*

5. Affordable- It Can Be Done Anywhere, No Equipment Required

All you need in order to start walking daily is time. You do not need any special equipment, and you can do it everywhere. According to Melina B. Jampolis, MD, author of The Doctor on Demand Diet: *"Walking is the number one exercise I recommend to most of my patients because it is very easy to do, requires nothing but a pair of tennis shoes, and has tremendous mental and physical benefits."*

6. Depression Relief and Improved Mood

Walking is a natural cure for depression and mood-related issues since it stimulates the release of endorphins in the brain, or the "feel good" hormones. Walking will also help you prevent memory loss, dementia, and Alzheimer's, and other forms of mental decline. Dr. Jampolis says: *"Research shows that regular walking actually modifies your nervous system so much that you'll experience a decrease in anger and hostility. What's more, when you make your walks social—you stride with, say, your partner, a neighbor, or a good friend—that interaction helps you feel connected, which boosts mood. Finally, walking outdoors exposes you to natural sunlight, which can help stave off Seasonal Affective Disorder (SAD)—making it a potential antidote for the winter blues. "Additionally, you can try "earthing", which is the practice of walking barefoot on grass or sand outdoors and offers incredible health benefits. So, if you wonder how much walking is needed in order to lose weight, note that most experts recommend walking "briskly" at a speed of at least 3 to 4 miles per hour.*