



**WALKING FOR**

*Weight Loss*

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# CHAPTER 1

## WHY SHOULD YOU WALK



# Chapter 1

## Why Should You Walk

Walking is perhaps the easiest way to take care of your health. With just 30 minutes of walking on a daily basis, most people can improve cardiovascular fitness, reduce excess body fat, strengthen bones and enhance muscle power.

And for others who may be predisposed to certain health conditions, walking can reduce the risk for type 2 diabetes, heart disease, osteoporosis and even some cancers.

Having said that, 'easiest' does not only imply to health benefits catered by walking. Instead it also happens to be a free-of-cost way of improving health. There are no expensive price tags attached to walking, the practice doesn't demand rigorous training and can be done without the use of any special equipment.

Plus, it is a low impact exercise that is not bound by time constraints. You can go out for a walk whenever you feel like it even though there are some suggestions regarding more suitable timings for walking for weight loss. But that comes later.



For now, know that walking is a highly recommended form of physical activity for people who are overweight, elderly and even those who haven't worked out in a while. If you fall in any of these categories, please do continue reading to find out what walking can do for you. If you are a healthy individual who works out regularly, you can still find something useful here and fit a walking regimen into your usual workout routine to optimize the benefits.