

The Numerous Benefits of Walking/Jogging

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09/24/2009

- 1. Managing your weight.** Keeping your weight within healthy limits can lower your risks of type 2 diabetes, heart disease, stroke, cancer, sleep apnea, and osteoarthritis.
- 2. Controlling your blood pressure.** Physical activity strengthens the heart so it can pump more blood with less effort and with less pressure on the arteries.
- 3. Decreasing your risk of heart attack.** Exercise such as brisk walking for three hours a week — or just half an hour a day — is associated with a 30% to 40% lower risk of heart disease in women.
- 4. Boosting "good" cholesterol** – Physical activity helps reduce low-density lipoproteins (LDL or "bad" cholesterol) in the blood, which can cause plaque buildup along the artery walls — a major cause of heart attacks.
- 5. Lowering your risk of stroke.** Regular, moderate exercise equivalent to brisk walking for an hour a day, five days a week, can cut the risk of stroke in half, according to a Harvard study of more than 11,000 men.
- 6. Reducing your risk of breast cancer and type 2 diabetes.** The Nurses' Health Study also links regular activity to risk reductions for both these diseases. In another study, people at high risk of diabetes cut their risk in half by combining consistent exercise like walking with lower fat intake and a 5% to 7% weight loss.
- 7. Avoiding your need for gallstone surgery.** Regular walking or other physical activity lowers the risk of needing gallstone surgery by 20% to 31%, found a Harvard study of more than 60,000 women ages 40 to 65.
- 8. Protecting against hip fracture.** Consistent activity diminishes the risk of hip fracture, concludes a study of more than 30,000 men and women ages 20 to 93.
- 9. Additional benefits.**
 - Prevent depression, colon cancer, constipation, osteoporosis, and impotence
 - Lengthen lifespan
 - Lower stress levels
 - Relieve arthritis and back pain
 - Strengthen muscles, bones, and joints
 - Improve sleep
 - Elevate overall mood and sense of well-being.