

Walking and its Benefits:



Walking is a great way to improve or maintain our overall health. just 30 minutes every day can increase cardiovascular fitness strengthen bones, reduce excess body fat, boost muscle power and endurance. it can also reduce the risk of developing condition such as heart disease type 2 diabetes and some cancers.

unlike some other forms of exercises walking is free and doesn't require any special equipment or training. physical activity does not have to be vigorous or done for a longer period in order to improve your health. A 2007 study of inactive women found that even a low level of exercise around 75 minutes of exercise around 75 minutes per week improve their fitness level significantly when compared to a non exercising group.

walking is low impact requires minimal equipment, can be done at any time of day and can be performed at your own pace. one can get out and walk without worrying about the risks associated with some more vigorous forms of exercises. Walking is also a great form of physical activity for people who are overweight elderly or who haven't exercised for a long time. walking is one of the main gait of locomotion and long legged animals. Walking is typically slower than running and other gait. Walking is defined by an inverted pendulum gait in which the body was over the stiff limb or limbs with each step. it is also an activity of taking walks for exercises our pleasure especially in the country which in turn provides a lot of benefits of running but running burns nearly double the number of calories as walking for example for someone who is 160 pounds running at five miles per hour burns 606 calories walking briskly for the same amount of time at 3.5 mph burns just 314

calories

