

DOCUMENTED BENEFITS OF WALKING:

These benefits are based on a 30 minute brisk walk and the research shows that the benefits of exercise are dose responsive meaning that the more you do the better.

- Prevent up to 91 percent of cases of obesity and Type 2 diabetes
- Prevent up to 50 percent of all cases of heart disease
- Reduce risk of stroke by 25-30 percent
- Prevent up to 50 percent of all stroke deaths
- Reduce congestive heart disease deaths by 63 percent
- Reduce hospital readmission for heart failure patients by 70 percent
- Normalize blood pressure and reduce risk of developing high blood pressure
- Restore or maintain heart and blood vessel health
- Restore and maintain normal cholesterol triglyceride levels
- Reduce risk of breast cancer by up to 60 percent
- Reduce pancreatic cancer in overweight people by 50 percent
- Reduce lung cancer, even in smokers, by 72 percent
- Reduce melanoma, that's right, skin cancer apparently from the sun, by over 72 percent
- Prevent up to 50 percent of colon cancer
- Reduce risk of developing, and improve outcomes of those with, rheumatoid arthritis and osteoarthritis
- Prevent osteoporosis and increase new bone formation
- Increase strength, flexibility, and balance
- Decrease gallbladder removal by 20 percent and decrease gallstones
- Improve digestion and decrease indigestion
- Improve bowel function and elimination
- Increase immune system function
- Increase macrophage (anti-tumor) activity and antioxidant levels
- Decrease all causes of mortality by 67 percent in the general population
- Decrease all-cause of mortality by 50 percent in the 61 to 81 year old age group
- Prevent up to 47 percent of cognitive impairment, prevent up to 62 percent of Alzheimer's and 52 percent of dementia
- Improve physical function in older adults
- Decrease chance of ever being in a nursing home
- Decrease rate of aging
- Enhance learning by 12 times
- Increase dopamine and serotonin levels
- Decrease depression by 20 percent, including relapse
- Increase growth and healing hormones
- Decrease stress and body breakdown hormones
- Decrease body fat, obesity, and weight gain