

Walking helps with back pain

Walking is a gentle, low-impact cardio exercise that can ease you into a higher level of fitness and health. It's safe and simple. Regular brisk walking can provide many of the same benefits as more vigorous exercises, such as jogging. For example, just 21 minutes of walking a day can reduce your risk of heart attack by 30%. Walking burns calories and trims the waistline, but it's also important for your lymphatic and immune systems.

Walking for fitness can help you:

- Control your blood pressure.
- Lose or maintain weight.
- Improve balance and coordination.
- Increase core strength.
- Manage stress and improve mood by releasing endorphins.
- Reduce the risk of a heart attack.
- Reduce the risk of developing Type 2 diabetes.
- Helps you stay strong and active.

Try these tips to begin walking:

- Start slowly with five to 10 minutes at a steady pace, and increase over time.
- Set realistic goals for yourself, such as 20 to 40 minutes of walking five days a week.
- Find ways to incorporate short walks into your day to keep your plan on track.
- If the weather isn't optimal, consider walking indoors.
- To keep you from getting bored, create several routes to choose from to add variety

***Once you take that first step,
you'll be on your way to an important destination: better health***



*This healthy living information is provided by
your Doctor of Chiropractic and the
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