

100 Benefits of Walking

Healthy Habits
Healthy You!

1. Reduces blood pressure
2. Lowers cholesterol
3. Increases the concentration of high-density lipoprotein (HDL or "good" cholesterol in the blood)
4. Reduces chances for coronary heart disease
5. Increases efficiency of heart and lowers resting heart rate
6. Makes heart muscle stronger
7. Improves contractile function of the heart
8. Strengthens lungs
9. Improves respiratory function
10. Improves cardiovascular endurance and performance
11. Provides more oxygen to body, including organs and muscles
12. Provides more nutrient supply to the body
13. Reduces chance of stroke (by up to 50%)
14. Helps to alleviate varicose veins
15. Increases metabolic rate
16. Stimulates digestion
17. Makes digestion more efficient
18. Stimulates intestinal movements, resulting in better elimination of wastes
19. Reduces chances for colon cancer
20. Strengthens and develops muscles
21. Increases efficiency of muscles
22. Benefits joints due to stronger muscles
23. Helps maintain cartilage health in the joints
24. Eases muscular tension
25. Alleviates back problems
26. Increases muscle flexible and agility
27. Improves speed of muscle contraction and reaction time
28. More healthy skin due to the fact that skin pores open more during exercise, resulting in more efficient removal of dirt and impurities
29. Burns up and removes toxins from body
30. Increases blood flow to the brain
31. Stimulates growth of nerve cells in memory center of the brain
32. Improves various indexes of psychological functioning
33. Enhances brain functioning by increasing the amount of oxygen available to it
34. Increases sense of well being
35. Increases resistance to pain because endorphin levels are elevated
36. Increases sense of excitement because hormone epinephrine is elevated
37. Alleviates boredom
38. Lessens worry and tension
39. Reduces stress by removing lactic acid from blood
40. Alleviates anxiety and/or pain because tranquilizing effect of exercise lasts for several hours
41. Enhances mood
42. Excellent opportunity to enhance social network
43. Boosts energy
44. Improves self-esteem and self-confidence since body & mind are improved and strengthened
45. Increases sense of self control
46. Provides source of pleasure and fun
47. Releases anger and negative emotions
48. Reduces depression more effective than short or long-term psychotherapy
49. Enhances coordination, power, timing and balance
50. Boosts immune system functioning
51. Reduces severity of asthma
52. Improves functioning of organs
53. Can relieve tension headaches
54. Can reduce the urge to smoke because the adrenaline rush and stress relief from a brief workout can replace similar feelings smokers get from tobacco
55. Burns calories
56. Causes body to use calories more efficiently
57. Causes weight loss
58. Allows one to keep lost weight from returning
59. Can act as an appetite suppressant
60. Decreases fat tissue
61. Improves physical appearance
62. Enhances one's image and opinion of the body
63. Improves bone density and prevents osteoporosis
64. Reduces joint discomfort
65. Help manage arthritis
66. Allows one to feel better about their bodies and enjoy sex more as a result
67. Provides enhanced ability to achieve orgasm
68. Allows for greater sexual satisfaction
69. Can reduce or eliminate impotence due to increased blood flow
70. Prevents or manages type 2 diabetes
71. Helps insulin work better, lowering blood sugar
72. Has a significant salutary effect on fibrinogen levels
73. Alleviates menstrual cramps
74. Improves athletic performance
75. Can add years to one's life
76. Enhances quality of life
77. Reduces pain and disability
78. Improves glycogen storage
79. Reduces risk of developing certain types of cancers of the colon, prostate, uterine lining and breast and other chronic diseases
80. Regulates hormones
81. Allows you to overcome illness or injury more quickly
82. Can lessen medical bills
83. Reduces anxiety by causing fewer worries about health
84. Can allow for better performance at work
85. Allows one to stay independent as they get older
86. Can keep health care insurance premiums lower
87. Makes one more attractive to potential mates
88. Allows for healthy pregnancy
89. Increases energy and ability to do things one likes
90. Allows you to be more productive and less stymied by stress & depression
91. Can help make possible increased income due to increased energy
92. Allows one to become more familiar with their body & its functioning
93. Can stimulate mentally
94. Lets one eat more without gaining weight
95. Provides a healthy break from work
96. Adds variety and spice to life
97. Gives one increased ability to defend oneself & loved ones if needed
98. Provides a natural high afterwards, such as runners' high
99. Provides heightened alertness
100. Reduces inflammation

Cited Sources: