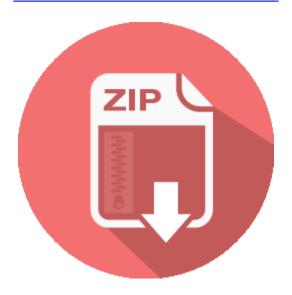
# **EXERCISE BY WALKING**



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Walking is the perfect exercise for many people. If you have diabetes, walking can help lower your blood sugar and your weight. Take care if you have diabetes -related nerve damage.

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#### **How to Start Walking for Exercise 11 Steps with Pictures**

Walking is a basic movement we use every day, but it can require discipline to walk enough to gain health benefits. It's recommended that you take at least 10,000 steps each day for exercise, which can be easily measured by a pedometer. You can also use fitness watches and smart phone apps. Take http://ebookslibrary.club/download/How-to-Start-Walking-for-Exercise--11-Steps--with-Pictures-.pdf

## 7 Health Benefits of Walking 30 Minutes a Day According

"Walking is the number one exercise I recommend to most of my patients because it is very easy to do, requires nothing but a pair of tennis shoes, and has tremendous mental and physical benefits

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# 6 Ways Walking Is a Real Exercise Verywell Fit

Walking is a real exercise that can build your aerobic fitness. You will need to walk briskly and bring your heart rate up into the aerobic zone at 70 percent to 80 percent of your maximum heart rate for a 30-minute session, at least three to four times per week.

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# 9 Health Benefits of Walking Everyday Daily Health Life

Walking is one of the greatest low-impact cardio exercises, enhancing the level of HDL (good) cholesterol, and curbing the production of LDL (bad) cholesterol. According to the Stroke Association, a brisk 30 minute walk everyday can control and prevent extremely high blood pressures that lead to stroke, by almost 27%. http://ebookslibrary.club/download/9-Health-Benefits-of-Walking-Everyday---Daily-Health-Life--.pdf

#### Why walking is the most underrated form of exercise

Walking is a lower impact exercise and can be done for longer periods of time. And there is no shortage of scientific research to back up the effectiveness of adding walking to your fitness

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#### Walking Trim your waistline improve your health Mayo

If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers. Warm up. Walk slowly for five to 10 minutes to warm up your muscles and prepare your body for exercise.

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### **How to Get the Biggest Benefits of Walking Consumer Reports**

Walking is the most studied form of exercise, and multiple studies have proven that it s the best thing we can do to improve our overall health and increase our longevity and functional years

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## Walking Read About Benefits and Weight Loss Tips

Ten Tips for Fitness Walking. Walking is one of the easiest and least expensive ways to stay physically fit. It's also a versatile form of exercise that can be done indoors (many malls and public buildings offer walking routes) or outdoors, and you can tailor the intensity of your exercise based upon your individual abilities and goals. http://ebookslibrary.club/download/Walking--Read-About-Benefits-and-Weight-Loss-Tips.pdf

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