



THE WONDERS OF WALKING

As you get older, the need to stay active becomes increasingly important. Physical activity can help you stay healthy, energetic and independent.

Research shows that adults over the age of 65 spend up to 10 hours or more each day sitting or lying down. This sedentary lifestyle makes you more susceptible to falls, obesity, heart disease and early death. Evidence suggests that active people have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia.

Reason enough to get moving? And what better way than through incorporating walking in your daily life.

Walking requires no training, it's free and according to research, it is one of the easiest and best ways of improving and maintaining your physical and mental wellbeing.



Here are some simple ways to encourage you to walk more often.

- Walk instead of taking the car – particularly if you live in a retirement village – walk to the clubhouse instead of driving!
- Park slightly further away from the shops
- Use the stairs instead of the lift
- Arrange a weekly walking group and commit to it regularly
- And then make it interesting by walking in new places
- Gradually, as your fitness improves, increase the length of time that you walk as well as the speed.

It is recommended that older adults walk for a total of 150 minutes per week - that equates to 30 minutes five times a week.

And if you just don't feel like it today, remind yourself of the benefits of walking and how good you feel afterwards to get you motivated..

Disclaimer: If you are not currently active, you should check with your doctor before commencing an exercise programme.



Anne Macdonald,
Client Wellness Consultant

Telephone: **021 689 8975**
 Email: **amacdonald@ptrust.co.za**