

WALKING

The Health Benefits...

Recommendations

- SPARC (Sport and Recreation NZ) recommend 30 minutes a day of physical activity
- This can be "snack-tivity" e.g. 10 minute walks
- For added health benefits, include some vigorous physical activity

Why encourage walking?

- We are no longer as physically active as we once were
- Technology has made our lives easy to be lazy!
- Our bodies are designed to be active...environments and technology have changed but our genes haven't

Health Benefits

- Reduces Cardiovascular Disease Risk:
 - Coronary Heart Disease
 - Stroke
 - High Blood Pressure
- Increases Muscular Strength

Health Benefits Continued...

- Improves Bone Strength and helps prevent Osteoporosis
- Helps Maintain or Reduce Weight
- Improves Posture

Health Benefits Continued...

- Improves Self-esteem
- Effective in reducing stress and increasing relaxation
- Helps prevent Obesity and Type 2 Diabetes



Adult Weights

- 35% of adults are overweight
- 21% of adults are obese
- Over half of all adults have gained 10kg since they were 18



Reasons for not walking...

- Lack of time
- Lack of encouragement/support from others
- Not safe (e.g. lack of street lighting at night, lack of safe crossings)
- Lack of energy



To walk or not to walk...?

- Evidence that walking is one of the most effective interventions in terms of health benefits, popularity, enjoyment, compliance, low cost and overall simplicity

- Ministry of Health