



**BEYOND  
BEST**

PERSONAL TRAINING

**WALK YOUR  
WAY TO A LEAN  
& HEALTHY BODY**

How much walking you do, and how physically active you are outside the gym, has a tremendous impact on both your overall health and your fat loss efforts. From a calorie burning perspective, day-to-day movement is just as important as dedicated fitness sessions – it also improves mental health. Here's everything you need to know about walking and how it can benefit you.

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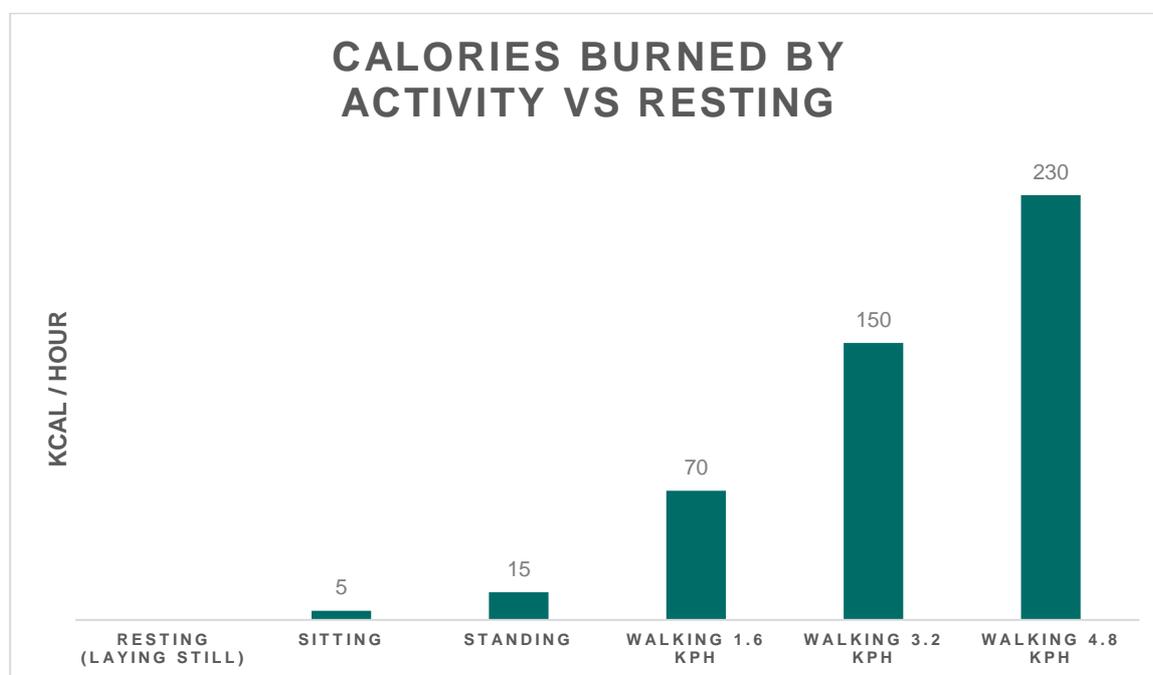
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# USING WALKING FOR WEIGHT LOSS?

You might think that a short walk won't do much for your health, but research has shown that even a slow walk can help you lose weight.



The diagram above shows the calories burned during several activities:

Sit down for an hour, and you will burn roughly 5kcal more than you would laying still. Stand up and this triples to 15kcal more per hour. Start walking and you could burn up to 230kcal per hour – definitely better than sitting or resting! The great thing about walking is that you not only burn calories while doing so, but due to the low intensity of walking the majority of that burned energy comes from stored body fat – who doesn't want that?!

## HOW MUCH WALKING DO YOU NEED TO SEE WEIGHT LOSS RESULTS?

Because walking is a low-intensity workout, it can take time before you start seeing weight loss. However, using a simple equation shows that walking can have a significant impact on your body fat percentage. It is estimated that a 90kg man would burn 400cal per hour from walking. Keeping in mind that 1kg of body fat contains 7,700 calories, if that man walked for 1 hour every day for an entire year, he would drop nearly 19kg of pure body fat – all without ANY food restrictions.

While the exact values will vary depending on your individual make-up and how vigorously you move, these figures highlight how simply moving around more has the potential to add up to a surprisingly large calorie count over the course of a day. In fact, it has been estimated that most people have lost up to 2,000kcal of activity from their day in the transition to becoming a mainly sedentary society – a full day’s worth of eating for a lot of people!

## HOW ACTIVE ARE YOU?

How active you are is largely determined by your occupation and how you choose to spend your free time. But walking doesn’t just have to be at dedicated times - increasing daily activity is one of the best ways to improve your overall health. If you’re interested in assessing your daily activity level, a simple test is to download a step app on your mobile phone or other device to track how many steps you take during a typical day.

The table below shows the number of steps considered to be representative of a sedentary and active lifestyle.

ACTIVITY LEVEL	TOTAL STEPS (AVERAGE)
Sedentary	<5,000 steps per day
Lightly Active	5,000 – 9,999 steps per day
Active	10,000 – 12,500 steps per day
Highly Active	>12,500 steps per day

If you currently take less than 10,000 steps, you will likely benefit from making changes to your routine to become more active. This could include anything from going on a daily walk, to changing your habits around the office.

Here are a few ideas to build walking into your day:

AT HOME	TRAVEL	AT WORK	FOR FUN
Start your day with a walk.	Walk all or part of the way to work.	Take phone calls and meetings while walking.	Set yourself a challenge, e.g. 20,000 steps in one day.
Go for a walk while calling friends or family.	Take the stairs whenever possible (seriously, this adds up).	Go for a walk on your lunch break.	Walk with friends or family.
Go for a walk before or after dinner.	Get a few steps in while waiting for public transport.	Take the long way to the bathroom or staff room.	Plan leisure time around walking, e.g. exploring a new city or hiking.

# WALKING YOUR WAY TO CALM

One of the other great benefits of regular walking is its positive impact on mental health. In today's society stress is more common than ever – have a think about how often you feel stressed or overwhelmed. These feelings not only impact your mental and emotional state, but also have physical impacts on your body, due to the release of the stress hormone cortisol. Prolonged periods of high cortisol levels have several health implications, including:

- Weight gain
- Supressed immune function
- Digestive issues
- Heart disease
- Diabetes
- Anxiety and depression
- Sleep problems
- Memory and concentration issues
- Fatigue

While you might think that adding regular high intensity exercise to your life is the answer, high intensity exercise actually increases your cortisol production. This does not mean high intensity exercise is bad, it just means that if you are already stressed it could further increase feelings of overwhelm and anxiety.

In the short-term, walking could be the answer to counter regular daily stress. Just like getting enough quality sleep, walking has a huge impact on reducing our stress hormone levels and calming the nervous system. Walking also releases natural pain-killing endorphins to the body – one of the emotional benefits of exercise. This is especially true if you're able to go for a walk outside, as the Vitamin D you'll gain from sunlight can help improve mood and support your immune system.

Once you've woken up, start moving straight away. Laying around in bed hitting 'snooze' for the next hour is a sure-fire way to leave you feeling groggy and inattentive. Instead, get out of bed as soon as you can, open your curtains, and start your day. You'll find a routine that works best for you, but we recommend getting your morning work-out in, having a refreshing shower, and then indulging in a healthy breakfast – you're sure to feel much more energised doing this than you ever will with that extra 15 minutes snooze time!

## MORE BENEFITS OF WALKING

Still not convinced that walking is for you? Here's a snapshot of 8 more health benefits of walking:

### 1. Improved Circulation

Walking wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. This increased circulation also increases your rate of recovery from hard training sessions.

### 2. Stronger Bones

Walking can stop the loss of bone mass for those with osteoporosis.

### 3. A Longer Life

Research finds that people who walk regularly in their fifties and sixties are 35% less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45% less likely for those who have underlying health conditions.

### 4. Stronger Muscles

Walking tones your leg and abdominal muscles and increases your range of motion, shifting the pressure and weight from your joints to your muscles.

### 5. Improved Sleep

Those who walk for an hour a day are less likely to suffer from insomnia.

### 6. Supported Joints

The majority of joint cartilage has no direct blood supply. It gets its nutrition from joint fluid that circulates as we move. Movement and compression from walking “squishes” the cartilage, bringing oxygen and nutrients into the area.

### 7. More Energy

When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

### 8. Slower Mental Decline

Age-related memory decline is lower in those who walk more.

**What's not to like about walking? It's free.**

**It's easy to do, it's easy on the joints and there's  
no question that walking is good for you.**

**Go for a walk today!**

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