

Walking For Fitness and Weight Loss And Better Health

Starting a walking for fitness and weight loss program may be the very best way for you to improve your health and to get in better shape. It does not matter whether you are young or old you can walk your way to better health as long as you are in reasonably good shape and you start your walking program with common sense.

Any exercise program you do will work better if you start gradually. You should take things slow when you first get started and if you are not used to walking for fitness and weight loss you should start out with short ten-minute walks. As you get going try to increase your walks to three days a week and try to do this twice a day ten minutes at a time. This does not have to take any extra time out of your day, instead try to fit walking in your normal daily activity. You can walk to lunch or take the stairs instead of the elevator. Think about squeezing walking into your everyday routine and you will discover lots of ways to fit walking in to your everyday life.

After you have been walking long enough to work your way up to thirty minutes or more you will find many health benefits you probably never even thought about. You should find your overall fitness will improve and you should notice you are feeling better. When your energy level starts to increase you will know you are on the right track.

The health benefits you get from regular exercise may not always be evident but the unseen improvements should get you excited. Your risk for heart disease should be lower along with improved blood pressure.

You should be shedding a few pounds by now and this will do wonders for your looks and self esteem. One of the unseen benefits of walking is you will start to sense some victory which will improve your outlook on life.

The more active you become will only increase these benefits. Any extra activity you can accomplish the faster you can expect to see good things happen. Start slowly at first and set goals that you can reach and you should see speedy improvement. Work up to a tempo where you feel you are working hard but not so much it wears you out. A good rule of thumb is to see if you can hold a conversation while you are walking. If you cannot talk without getting out of breath you are working too hard.

Walking for fitness and weight loss will help you look and feel better. The many benefits you get from walking will help improve your whole life. Always visit your doctor before you begin any new exercise program. Follow your doctor's advice and get started today on a new improved healthy lifestyle.

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About the Author

For more information on fitness walking try visiting <http://www.lose-10-pounds.com> where you will find tips, advice and resources about topics such as healthy weight loss tips