

Walking Exercise Works Wonders

Walking to work definitely has advantages and disadvantages. But, in my humble opinion, the pros outweigh the cons. For starters, it cuts down on parking and gas costs. Parking can cost several hundred dollars a month, particularly if you are working in the big city. With gas prices so high these days, filling up the tank is synonymous with emptying out your wallet. Together, these costs add up to quite a bit of money.

And how about safety? Highway driving these days can be hazardous to your health. With so many cars on the road, auto accidents are bound to happen. In fact, they have become a regular part of our early-morning and late-afternoon commute. Road rage is a major problem. Angry drivers who use their driving anonymity to commit aggressive acts like cutting you off, flipping you the bird, or suddenly speeding past you just to vent their frustrations have become ordinary occurrences. A lot of road rage has to do with work stress and an increase in traffic. People are working longer hours, spending more time on the road, and generally having less time to relax and reap the rewards of all their hard labor. It is no wonder we are all feeling a little high-strung.

Perhaps you can see why walking rather than driving work might be a safer option, if you have the choice to do so. In addition, to eliminating your chances of being involved in an auto accident, it also enables you to have some time to chill out both before and after work. It gets your blood going and your oxygen flowing, which helps your body rid itself of joint and muscle stiffness that comes from sitting at your desk all day. Finally, it saves you a little bit of cash, money with which you can buy a nice pair of walking shoes. If you have the opportunity to walk to work, do. You don't have to jump in with both feet. Start out by walking just one or two days. See how you feel. Give your body a chance to adjust to the change. Add a day every two weeks until you are walking to work everyday.

Some of you definitely have jobs that require you to dress up. Walking for two or three miles in high heels, a three-piece suit, or a wool skirt is hardly advisable. If at all possible, save your shower until after you get to work. Many office buildings come equipped with showers. If yours does, use it.

If you must walk in your work clothes, that's okay too. Although not the fashion statement of the year, I recommend wearing a good pair of walking shoes to and from the office. Carry your work shoes in your bag. You might need to compromise style for comfort a little and choose clothes that are a little more "suitable" for walking. Try buying fabrics that move with you and that allow your skin to breathe. Remember, this is your health we are talking about. Try to be as flexible as possible. Change may feel strange at first, but you will get used to it if you are consistent.

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