

# Pedestrian in motion



## Benefits of walking

1. Your jeans will get a little looser
2. Your mood will improve.
3. Walking improves digestion.
4. You'll fight cancer.
5. You'll save money.
6. Your brain will function better.
7. It boosts immune function.
8. Save the planet.
9. Increases lung capacity.
10. Delays aging.



# Benefits of walking

**1. Your jeans will get a little looser.**

That's because regular walking can help improve your body's response to insulin, which can help reduce belly fat.

**2. Your mood will improve.**

Whether you're feeling stuck at work or you've been searching for a solution to a tricky problem, it's a good idea to get moving. Going for a walk can spark creativity!

**3. Walking improves digestion.**

If you currently praise coffee for keeping your digestive system going strong, get ready to start thanking your morning walk instead. That's because a regular walking can greatly improve gastric mobility.

**4. You'll fight cancer.**

A sedentary lifestyle is one of the causes of cancer. Scientists have found that walking can help reducing the risk of cancer.

**5. You'll save money.**

You will not have to pay gasoline, nor transport. All you'll need are your legs and a small dose of motivation!

**6. Your brain will function better.**

Walking helps supplying the brain with the required amounts of oxygen and glucose, which helps the brain functioning better.

**7. It boosts immune function.**

Walking at least 30 minutes a day can help bolstering the activities of the immune cells, namely, the B-cells, T-cells, and the natural killer cells.

**8. Save the planet.**

Active transportation does not require fuel and does not cause air pollution. It also frees up more space on the roads, making your neighbourhoods more pleasant.

**9. Increases lung capacity.**

When you walk, you breathe in more oxygen as compared to when you are stationary. This exchange of oxygen and carbon dioxide at a larger volume can help increase your lung capacity.

**10. Delays aging.**

Researchers found that people who exercise regularly at a moderate to high intensity actually have longer telomeres in their DNA. They provide a vital function to the body by protecting the chromosome from deteriorating.

