

10 Tips On Walking Is The Best Workout Ever

Walking is one of the best workouts you can do. It's low-impact, easy on your joints, and can be done anywhere. Plus, it's free! Here are 10 tips to help you get the most out of your walking workouts.



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by Jan-Victor Eisenberg

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1. Find a walking buddy

Walking with a friend can help you stay motivated and make the time go by faster. Plus, it's more fun to chat with someone while you're walking.

2. Set realistic goals

Don't try to do too much too soon. Start with a short walk and gradually increase the distance and intensity of your workouts over time.

3. Choose a route that you enjoy

If you don't like your walking route, you're less likely to stick with it. Find a route that is safe, scenic, and interesting.

4. Wear comfortable shoes

Your shoes should provide good support and cushioning. If your shoes are uncomfortable, you're more likely to get blisters or other foot problems.

5. Stay hydrated

Drink plenty of water before, during, and after your walk. Dehydration can lead to fatigue, headaches, and other health problems.

6. Listen to music or podcasts

Listening to music or podcasts can help you stay entertained and motivated while you're walking.

7. Take breaks when you need them

Don't push yourself too hard. If you need to take a break, stop and rest. You can also shorten your walking route or reduce the intensity of your workout.

8. Cool down after your walk

After your walk, take a few minutes to cool down. This will help your body recover and prevent soreness.

9. Stretch your muscles

Stretching your muscles after your walk will help to improve your flexibility and range of motion.

10. Enjoy the benefits of walking

Walking is a great way to improve your health and fitness. It can help you lose weight, reduce your risk of heart disease, stroke, and other chronic diseases. It can also improve your mood, sleep, and energy levels.

So what are you waiting for? Start walking today and enjoy the many benefits it has to offer!



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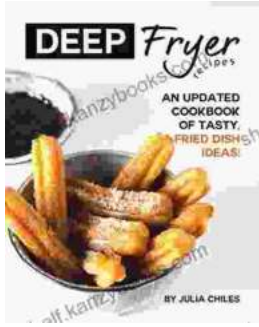
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