

Some important points regarding walking

- 1. Walking is the most efficient form of exercise and only one you can safely follow all the years of your life.**
- 2. Exercise can enable your body to maintain a vital reserve which has a protective effect during stress.**
- 3. Exercised bones do not dematerialized, as a result they are far less likely to break or lose their range of motion.**
- 4. Exercised lungs still exhibit the emphysema like changes of age, but are far less diminished in their capacity compared to the lungs of sedentary people.**
- 5. Exercised cardiovascular systems show a similar maximum preservation of function.**
- 6. The benefits of exercise is preventing of correcting obesity are striking.**
- 7. Late onset diabetes is almost entirely reversible by exercise if you are over weight.**
- 8. Daily exercise permits greater good intake and better blood circulation, thus improving each body cells nourishment while preventing obesity.**

9. The physically impaired particularly the arthritic, can perhaps benefit the most from exercise – provided this exercise is increased slowly but steadily.

10. Exercise improves the quality of life, research comparing exercise to a widely prescribed tranquilizer found exercise to be superior in both relaxing and elevating one's mood, with none of the drug's side effects.