

100 REASONS TO WALK

Dr. David Sabgir

Walk with a Doc & Just Walk!

Walking is one of the best things you can do for your health. Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide these health benefits. See 100 reasons to walk below!

1. Lowers “Bad” Cholesterol (LDL)
2. Increase “Good” Cholesterol (HDL)
3. Prevents and Reduces High Blood Pressure
4. Reduces heart attacks by 86% (combined with healthy lifestyle choices)
5. Reduces risk of stroke by up to 50%
6. Lowers resting heart rate to make your heart more efficient!
7. Improves cardiovascular endurance and performance
8. Improves Circulation
9. Keeps your lungs healthy!
10. Strengthens breathing muscles
11. Safe, even for those with asthma
12. Lets one eat more with less weight gain
13. Burns calories
14. Causes weight loss!
15. Increases metabolism
16. Decreases Fat Tissue
17. Reduces BMI
18. Prevents Obesity
19. Curbs Metabolic Syndrome
20. Improves glycogen storage and allows better fat burning
21. Stimulates digestion

22. May reduce Acid Reflux severity and frequency
23. Improves functioning of organs
24. Beneficial for those with Chronic Kidney Conditions
25. Decreases risk of Fatty Liver Disease
26. Can act as an appetite suppressant
27. Prevents or manages type 2 diabetes
28. Helps insulin work better, lowering blood sugar
29. Helps to regulate Hormones.
30. Improves chance of healthy pregnancy
31. Alleviates menstrual cramps
32. Increases Testosterone in Men
33. Reduces chances for Breast, Endometrial, and Colon Cancer
34. Can reduce the urge to smoke!
35. Allows one to stay independent as they get older
36. Helps to avoid falls
37. Reduces pain and disability
38. Can add years to one's life
39. Enhances quality of life
40. Increases blood flow to the brain
41. Stimulates growth of nerve cells in the memory center of the brain
42. May help reduce the risk of dementia
43. Can stimulate you mentally
44. Improves Cognition.
45. Reduces Anxiety
46. Increases overall sense of well being
47. Improves psychological sense of wellbeing
48. Opposes the effect of stress on the brain.
49. Helps with relaxation and stress relief.

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- 50. Improves Mood
- 51. Increases sense of excitement
- 52. Keeps unnecessary worry at bay.
- 53. Improves self-esteem and self-confidence since body and mind are improved and strengthened
- 54. Increases sense of self-control
- 55. Healthy stress reliever
- 56. Avoid Stress Eating!
- 57. Curbs Junk Food Craving
- 58. Improves Body Image
- 59. Improves bone density and prevents osteoporosis
- 60. Strengthens and develops muscles
- 61. Loosens up stiff joints
- 62. Helps maintain cartilage health in the joints
- 63. Reduces joint discomfort
- 64. Improves Balance
- 65. Allows you to overcome illness or injury more quickly
- 66. Boosts immune system functioning
- 67. Promotes clean pores and healthier skin
- 68. Stimulates circulation to improve skin, delay wrinkles, and promote hair growth.
- 69. Helps to manage arthritis
- 70. Improves stiffness from Rheumatoid Arthritis
- 71. Eases muscular tension
- 72. Reduces inflammation
- 73. Increases resistance to pain
- 74. Can prevent migraine headaches
- 75. Alleviates back problems

76. Helps to alleviate varicose vein pain
77. Improves pain from fibromyalgia
78. Increases Creative Ability
79. Boosts work performance
80. Improves mood at work
81. Increases productivity at work
82. Increases Productivity in general
83. Boosts energy
84. Fights Fatigue
85. Linked to Increased Income
86. Provides source of pleasure and fun
87. Improves Sexual Function and Satisfaction
88. Can Prevent Erectile Dysfunction
89. Can Replace Medications for Better Sex and Sounder Sleep
90. Improves Sleep Quality and Reduces Daytime Sleepiness
91. Keeps health care insurance premiums lower
92. Can lessen medical bills
93. Affordable form of exercise
94. Better for the environment
95. "Walking is a Man's Best Medicine"—Lowers death rate.
96. Walking Improves Relationships
97. Makes for a Great Date Night!
98. Healthy way to spend time with friends
99. Great for you...AND your pet! Read about other pet friendly activities [here](#).
100. The Surgeon General calls us to Step it Up!

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