

# Walking is Good For You

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise.



## Regular walking can:



**Reduce your risk of major illness**



**Strengthen muscles and reduce the risk of falls**



**Improve your mood and mental wellbeing**



**Be a healthy way to meet up with friends**

## How do I know if I'm walking fast enough?

A brisk walk is about 3 miles an hour, which is faster than a stroll.

You can tell you're walking briskly if you can still talk but cannot sing the words to a song