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ONE HOUR, COUNTLESS BENEFITS: THE POWER OF DAILY BRISK WALKS

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When you think about how busy and sedentary our world is, the idea of setting aside an hour a day for exercise might seem hard. But if you walk quickly for an hour, the effects are so great and life-changing that it's worth every step. An easy but effective way to improve your physical, mental, and emotional health is to walk quickly for an hour every day. This article will discuss the many benefits of this easy and fun exercise.

The Basics of Brisk-Walking

Brisk walking is an example of aerobic exercise with a moderate level of effort. Generally, it's a fairly fast walk that gets your heart rate up and makes you breathe a little harder. It's not a slow stroll. A talk should be possible, but it should be hard to keep going. Some of the amazing benefits of walking quickly every day for an hour are as follows:

Physical Benefits

- 1) **Weight management:** Walking quickly can help you burn calories, which makes it a good way to control your weight and lose fat.
- 2) **Cardiovascular health:** Regular fast walking is good for

your heart because it raises your heart rate, lowers your blood pressure, and improves circulation. It can also reduce the risk of heart disease.

- 3) **Muscle strength and endurance:** This exercise works a lot of muscle groups, which makes your legs, hips, and core stronger and more toned.
- 4) **Bone health:** Walking is a weight-bearing activity that keeps bones strong and lowers the risk of getting osteoporosis.
- 5) **Joint health:** Brisk walking is easier on your joints than high-impact sports. It also makes your joints more flexible and lowers your risk of getting arthritis.
- 6) **Better posture:** Walking can help you stand up straighter and keep your balance, which can lower your risk of back and neck pain.
- 7) **Immunity:** Regular exercise, like brisk walking, makes the immune system stronger, which means your body is better able to fight off illnesses.

Mental-Health Benefits

- 1) **Stress reduction:** Walking can help you feel calmer and less stressed.

Moving in a regular way and breathing in fresh air can help you relax.

- 2) **Better mood:** Endorphins, the "feel-good" hormones, are released when you exercise. These hormones can help overcome sadness and make you feel better in general.
- 3) **Increased energy:** Despite what most people think, exercise can give you more energy and help you combat tiredness.
- 4) **Better cognitive function:** Fast walking has been linked to better cognitive function, such as better memory and mental flexibility.
- 5) **More restful sleep:** Regular exercise, like brisk walks, can help you sleep better and for longer.

Emotional Benefits

- 1) **Higher self-esteem:** A daily plan and execution, like going for a brisk walk for an hour, can help you feel better about your confidence level and self-esteem.
- 2) **Sense of achievement:** Going for a daily long walk makes you feel good about your health and let you be in charge of it.
- 3) **Engaging with others:** Brisk walking can be a social exercise that helps you get to know like-minded people for inspirations and motivations.

Long-term Benefits

- 1) Increased longevity: Regular brisk walking has been linked to living longer and healthier.
- 2) Reduced risks of getting diseases: Diabetes, stroke, and some kinds of cancer are examples of long-term diseases that can be avoided by this method.
- 3) Better quality of life: A better quality of life comes from having better physical and mental health.
- 4) Disease management: For people who already have health problems, brisk walking can help their medical treatments work better for an improved health level in general.
- 5) Eco-friendly transportation: If you walk instead of driving, you'll leave less carbon footprints and help clean up the earth from harmful gases.

It's a gateway to live a better, happier, and more satisfying life. Why wait then?

How to Get Started

You don't need any special and expensive gear or a gym membership to add an hour of brisk walking to your daily practice. To start, here are some ideas:

Plan your day: Pick a time that works for you every day to go for a walk. Keep things the same.

Pick the right shoes: To avoid pain or injury, buy a pair of walking shoes that are soft and supportive.

Warm-up and cool-down: Stretch and warm up for a few minutes before your fast walk, and then cool down at the end.

Pick the way: Find a nice, safe route to walk. You can go to parks, nature walks, or neighbourhoods.

Track your progress: To keep track of your distance and speed, you could use a fitness watch that is synchronised to an app on your phone.

Good hydration: Don't forget to bring a water bottle, especially when it's hot outside.

Pay attention to your body: Pay attention to what your body is telling you. If you are in pain or discomfort, stop any physical activity and you should seek medical help.

Invite a friend: Going for a walk with a friend can make it more fun and help you stay on track.

Incorporating Brisk Walking into Your Day

It's understandable that it can be hard to find an extra hour in your busy day. You can make it work, though, with a few clever plans, such as taking a quick walk during part of your lunch break. It's a great way to get ready for the second part of your shift. Other than that, if your office is close enough to walk to, you might want to walk to and from work. You could also invite your partner, kids, or bring your pets to join you. In addition, you could take a quick walk and use the time to think of things from a fresh perspective. Working out and relaxing your mind at the same time can be very helpful.

The Way to Enjoy Better Health

To improve your physical, mental, and social health, all you have to do is walk quickly for an hour every day. There are a lot of perks, and not much work is needed. It's a gateway to live a better, happier, and more satisfying life. Why wait then? Put on your walking shoes, go outside, and start your journey to better health. Walk every day. You have the power to do it, and you can enjoy the rewards.

Reference

