



Walking-A Master Key To Stay “Physically Fit And Mentally Healty” Through Out

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Abstract:

This present paper describe on how important is walking in hum an life, walking techniques and how to improve physical fitness through walking, how it can be adopted in regular routine life, what precaution step to be taken while walking, benefits of walking and its defects and how improvement could be adopted in walking. These are all about questions, which is being tried to solve in this paper.

Key words: walking, brisk walking, walking pace, posture

Introduction

Walking is much easy to compare to other un-economical ways to keep our health fit and fine. In this twenty first century human life is turned to be mechanical, and one find no time to spend for his family, personal life and more important on his health and fitness. A recent study however shows that the problem now extends beyond the adult and adolescents residents and that lack of fitness problem is being seen in children also. During these days people become almost unmoving and physically inactive because of very less physical movement caused by scientific improvements and conveniences. Physical inactivity can have serious implications like obesity and cardio related health hazard. This significant public health problem is leading to deadly diseases and unhealthy chronic illness such as heart disease and diabetes, Cardio vascular disorder is one of the critical health concerns for our young generation which continue to be a growing crisis in today's civilization due to lack of good health habits and exercises

This present paper describe on how important walking is with regard to human health related physical fitness, It is the best way to stay fit in this advanced life through adoption of physical activity in our busy life schedule. In this modern time, there are many fitness activities and therapies like yoga, gym centers, fitness corners, aerobic centers and sports clubs. If we have time, then only we utilize these activities as otherwise it's better to adopt only walking which is easy, best and worthy and walking improve the quality of your life. The walking brings significant health benefits both too mental and physical. Study shows that usual walking contributes much to your general health and fitness in important ways as it is one of the easiest exercises to do, which can be done almost anywhere and everywhere at any time. No special equipment or expertise is required to commence walking and this also has several health benefits due to daily walking

Before Starting Walking, Walker Should Keep This Precaution In Mind And Know The Benefits Of Walking

- 0 Keep any one of your identity like home address, phone numbers in your pocket, to meet emergencies, if any.
- 0 Avoid mobile while walking. This can distract your walking.
- 0 Ensure about your location and strange place.
- 0 Avoid talking with your walking partner or other non walking persons, except in extreme situation.

- 0 Follow up stretching and warm up exercises: especially lower body leg and ankle.
- 0 Use of shoes should be stiff and lighter than regular shoes and tie up lace properly.
- 0 Take a cup of water before starting exercises and walk.
- 0 Avoid un-necessary waste of time during walking time.
- 0 Don't take over stride without practice.
- 0 Avoid walking during illness condition and bad weather.
- 0 Don't walk flat foot, it may chance to knee pain and back pain.
- 0 Keep your arms bending them and letting them move backward and forward naturally.
- 0 Don't keep your head down, your eyes should focus on the front view.
- 0 Keep straight your upper body, don't lean forward or backwards keeps your body straight.
- 0 Don't try to do over walking in limited time.
- 0 Don't go for walk when your body feels illness, muscles cramp, leg pain or injuries.
- 0 Always keep in your mind that walking reduces obesity related disorders and improve cardiovascular endurance which can improve physical fitness.
- 0 Avoid walking in barefoot.
- 0 Walking leads to know, how to do brisk walk, what modification required to do brisk walking.
- 0 Brisk walking in fact refers to your endeavor on adopting healthy fitness.
- 0 If you desire to learn brisk walk, keep walking faster in correct posture, you need to be breathing harder than natural.
- 0 Walk around 15-20 minutes during the first four days, and then regularly increase the instance.
- 0 Compared to normal walk, brisk walk will help burn more calories.
- 0 walking benefits not just your body but also your mind. It improves your self-esteem, charges up the mood and helps to keep you energetic, positive and happy throughout the day.
- 0 Check with your doctor weather you have a constant medical condition
- 0 Walking just three times a week for 30 minutes can significantly increase cardiorespiratory fitness.
- 0 Walking for 40 minutes, at least five times per week for 12 weeks reduces symptoms of depression.
- 0 It manages good cholesterol level and body blood pressure throughout and by this way you can reduce some of health disorders .

- 0 A superior standard walking speed is 3 to 4 miles per hour .
- 0 If you occur to undergo from any circumstance, and plan to start walking, it is always well again to seek advice from your doctor first.
- 0 Leave your old concept which says that walking is reserved only to old persons and sick persons .
- 0 It reduced risk of certain medical conditions and complications.
- 0 It is one of the easy ways to burn calories and manage your weight.

Create A Reason To Walk

- 0 Avoid bringing vehicles to your walking destination, it means, try to come by walk as for as possible
- 0 Don't wait for company of any friends or pet animals
- 0 Use upstairs for walking instead of using lift or escalators
- 0 Spend your time in backyard or in your home lawn, which burns more calories through this activities
- 0 Get down from your car near your market or business office or shopping mall, and keep walking to reach destinations
- 0 In traffic jam park your vehicle by the side, and get going by walk
- 0 Use bicycles which promotes to walk
- 0 Prefer walk to bring, home need things from your surrounding shops
- 0 Try to use bicycles to go for stadium, gym or sports clubs, which will boost your body
- 0 Register your name in walking clubs, which will encourage to participate in walking festivals, or in sports
- 0 Keep on roaming walk in shopping mall or in shopping street while shopping
- 0 Get down by one stop before your final reaching, while going by bus to school,college,office or back home and reach final destination by walking only

Choose Your Walking Avenue

- 0 Walk around your building or residence
- 0 Make a way in your backyard garden
- 0 Walk on near any stadium
- 0 Walk on your home upstairs or in balcony

- o Spend a walking time near your colony park
- o Utilize school, college ground for walking
- o Select pollution free environment and safety locations or zone for walking

Conclusion

The article on walking lays special emphasis on adoptable methodology in life cycle of human to stay healthy and fit, during the life span .However, starting now late at least is better than never for starting of walking. Walking is best option to loose body weight and cholesterol levels naturally by burning higher unwanted calorie level to keep body sounds healthy

Therefore it is concluded to say "WALKING" is most easily accessible and offered able way to remain cheerful with good physical health and fitness.

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