

The Benefits of Walking

The benefits of exercise have long been discussed. Most of you will be aware that regular exercise can work against obesity, slow the aging process, lower your resting heart rate, improve cardiovascular conditions and risks, reduce the risk of diabetes and the list just goes on. As a young woman in business, I understand the time demanded in the setup and daily running of a business. Not only do we find ourselves racing against the clock to fit everything in, we often get to the end of our days too exhausted to even think of working up a sweat. As a mobile personal trainer I can assist in one area (training in your home shortens your time required to work out as you no longer have to go anywhere to do it), and I can certainly provide a portion of the fuel to re-energize (through motivation and accountability, however as a first-hand witness to the ongoing effects of fatigue I recognize that some individuals are not able to cope with anything more than what is already on their plate. This is where the good news comes in; walking. I am often amazed at the little credit given to walking. A good power-walk is as effective at burning calories as a light jog. Walking is a light form of exercise which gets the heart pumping (improving cardiovascular fitness), gets the blood flowing around the body and the major muscle groups (reducing the risk of blood clots) and increases positive endorphins, which allow you to focus more, approach your tasks with a more positive outlook, and manage your tasks more effectively. Not to mention the clarity of mind you will enable yourself to experience.

As a businesswoman, you may find it difficult to 'squeeze in' a walk throughout the day. I challenge you to this; for the next eight days go for two fifteen minute walks. Take one either before you start work, or right after you finish your day, and another after an hour or more of solid work. Not only will you begin to see this time as an incentive to keep working, you will begin to see your days go by more efficiently. At the end of your eight days reassess how you were feeling at the end of every work day before you began including exercise, and how you feel after making it a regular priority. You will be amazed at the difference, and as you grow fitter, your business will grow stronger. In the same way we enjoy challenging our minds, a gentle challenge for your body will also become an essential part of your business life. You know what I say? A healthy woman is a happy and productive woman!

For further information, or if you have any queries, please feel free to contact myself, Te-Neele Curtis, of Silver Lining Body Solutions on 0433 489 661