



Getting the most out of **Daily walking**

by Heleen Landman

We do it most days without even thinking about it – that’s how easy it is. And just by concentrating on how you walk, building up speed and varying pace and direction, you can use it to burn kilojoules, develop muscles and give yourself an aerobic workout.

We were created to work and labour for our food and other personal needs. Today we are much weaker than our forefathers, not just because of our diets but also because of our sedentary lifestyles. Most of us have a standard desk job or we travel. We push a cart around the grocery store, paying for it with money we earn from sitting behind a desk or steering wheel.

Our bodies cannot function without exercise. We need a little “Huff and Puff” to take advantage of our oxygen’s anti-ageing and health benefits. Each of us breathe about 5000 gallons of oxygen everyday, and without it, we’d only survive 8 short minutes.

So what will happen if we don’t exercise ? To name a few:

- Tissue cells lose their elasticity.
- Lymph nodes cannot release all their toxins - the lymphatic system uses the body’s movements to help circulate it’s fluids.
- Muscles atrophy.
- The heart can lose strength - causing cardiovascular problems.
- Hip muscles and joints, through lack of activity, become fragile and more prone to breakage.
- Bones lose density from lack of rebuilding – which is stimulated by exercise.

Why walking ?

Walking is cheap, convenient and not likely to result in injury – and anybody can do it from 9 to 90. It’s a low risk investment

that yields tremendous short and long-term profits.

What walking can do for you:

Lose Weight

Depending on where you are starting from, you can lose up to half a kilogram a week without eating less.

Boost Your Metabolism

Why is our metabolism so important? Because it’s what helps us control our weight. As it slows, so does our ability to use up the calories we eat before they convert into fat.

Boost Energy Levels

Try this the next time you are falling asleep at your desk! Go take a brisk 8-10 minute walk. You will feel refreshed and energized when you return. A number of things probably go on in our bodies to create that energy boost. One of them is that your brain releases “feel good” chemicals called endorphins. The same ones that in excess, create the “runners high” that marathoners experienced.

Depression

By releasing these “feel good” chemicals, it helps relieve mild depression, due to the raising levels of endorphins in the brain. In fact several studies have shown that exercise is just as effective as psychotherapy at treating mild depression.

Reduces Stress

You will feel less stressed and should find it easier to sleep.



Only 20 minutes a day is enough to take that load of your shoulders, you will feel happier and more relaxed.

Protects Your Heart & Lungs

It will help to avoid heart disease and strokes, high blood pressure and respiratory illnesses.

Osteoporosis & Arthritis

You will tone your muscles and as walking is a weight bearing exercise, you will protect against osteoporosis. At one time doctors told patients with arthritis not to exercise, but now we know that exercise, especially walking, can actually ease arthritis pain and ease disability.

Increased Skin & Libido

You will look better; the fresh air and increased blood circulation means your skin will look great. When we are more relaxed we are often more interested in having sex, said David Case, Ph.D., University of California. Exercise has been found to boost the levels of the hormone responsible for sex drive.

Get Started !

Start out with short walks in the beginning, and build up as you feel comfortable to do so. As our level of fitness improves, so will your level of enjoyment.

The way you walk

Do a few stretches to warm up, start out slowly and increase your pace. If you can still talk while your walking, that's a good pace to monitor on. Concentrate on keeping your body straight, shoulders down, neck relaxed and your tummy and bottom pulled in. Pumping your arms while walking might look silly, but get's the heart working harder.

As you reach the end of your walk, reduce your pace, going slower, before you stop. Do a few stretches again if you wish.

Supplementation

Water

Drink enough clean water. Six to eight glasses a day, depending on how active you are. Water transports nutrients throughout the body and dilutes and carries away toxins.

AIM Frame Essentials

Frame Essentials keeps the cartilage between the joints healthy, which minimize injury. Frame Essentials is essential for everyone who are doing one or other form of exercise.

AIM AIMega

Your good fats are essential to keep your body and brain healthy. Fatty Acids are the key building blocks of all fats and oils in our food and bodies. They play a key role in the maintenance of all healthy cells, as they are the main components of all cell membranes as well as organelles within the cells. A study of 20 men which were given their good fats, have, in all 20 men, a 20% decrease in the releasing of their stress hormone, and a 12% increase in the releasing of their anti-stress hormone.

AIM Peak Endurance

Peak ATP elevates extracellular ATP levels, improves muscle tone, increases vasodilation, stimulates blood flow, enhances the delivery of glucose and nutrients and oxygen to muscles, improve cerebral blood flow and metabolism, and it is not a stimulant. Peak Endurance is not a stimulant. Peak Endurance supports cardiovascular endurance – protects organ function, helps improve muscle strength and recovery and supports anti-aging. A great product to take with any exercise program!!

AIM BarleyLife / LeafGreens

Because it is so essential to take our greens. No supplementation is complete without BarleyLife or/and Leafgreens. This product fights disease, provides tons of energy and keeps our cells healthy.

AIM CalciAIM:

Our bodies need calcium to help build our skeleton and keep it healthy. Studies also have shown that calcium play a key role in weight loss and weight management.