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# WHY JUST WALK?

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**I am so often asked:  
What is the best exercise for me?**



WALKING! Will be my regular answer.

Naturally, there is not such a thing as “the best exercise”. What is best depends on many individual factors such as: the needs of the individual, injury status, level of fitness etc.

Why is walking so good?

Walking engages just about all our muscles, particularly the “big movers”, that is the hamstrings, gluts and quads. Our postural muscles, breathing and heart get a sound workout too.

Walk and chat

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Walk to think

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Walk the dog

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Learning to walk, by taking the first few steps in life!

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Proprioceptors, the balance & feedback receptors, in the spine are deprived of stimulation when we sit for too long.

The spinal muscles then switch off, we lose postural support and become prone to injury.

The brain feeds off sensory input from the spine, hence we feel mentally refreshed, when we move.

### Points to consider:

- Start moving as soon as you can after injury
- Shoes with comfort and a wide toe box
- Walk over the foot not behind your heel
- Chest out not shoulders back
- Breathe from the diaphragm not the chest
- Hat and sun safe



## Foot, knee, hip pain or better shoes?

If this is holding you back, please mention it.

**Walking, as long as painfree, is spine safe; the initiation of recovery and return to more intense activities**

Painful feet are very common. Fashion, high heels, thongs etc. may be predisposing factors.

Or the pain could be caused by an unresolved mechanical complaint from netball or a fancy dance move, that we can help with. Can't help with the dance moves though!

The feet and ankle joints have the second highest concentration of proprioceptive/ balance sensors after the spine.

Each foot has 26 bones, intricate joint systems and almost as many muscles as the hands. The arches are the first shock absorbers. Looking after them is vital for our posture and movement.

Walking truly brings a spring back in your step.

We think, talk and express ourselves differently when we move

Low intensity exercise lowers cortisol, the stress hormone

Walking outside helps with vitamin D production

As little as 30 mins enhances fat burning, hence weight control

Natural light and using our distance vision prevents "screen short sightedness"

Economical. Low in money output. High in exercise gain