



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Try to motivate the whole family to go for a walk, this will give everyone a good workout often without even realising it, the health benefits are huge.

FITNESS TIP

If you regularly train hard or have an ongoing injury, sometimes it's good to step back and give your body a rest. Try a few walks and enjoy the time out but also knowing you are keeping some low impact exercise going.

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OFTEN the most common exercise we do every day can be the best form of exercise for your health and wellbeing. This can certainly be said for walking, the benefits are often underestimated.

Walking is perfect for anyone who might find themselves intimidated by the idea of running outside or joining a gym, so it's a starting point for those looking to get healthier and move more but who may not know where to start.

It's also easy to incorporate into your daily life and accessible for most people regardless of their starting fitness level. It also costs you nothing!

Walking can act as a workout for the whole body, as well as helping with stress management, improving mental health and giving you an extra boost of natural daylight when walking outdoors.

However, some areas of the body may benefit more than others.

Although walking isn't a form of strength training you will still find that many muscle groups will get a good workout including your quadriceps, hamstrings and calves and if you exaggerate your arm movements and include hills or steps within your walk,

You can have results or excuses, not both

Motivational quote of the day

the intensity can jump quite quickly burning more calories.

Most importantly, your cardio-respiratory system - ie heart and lungs - will also get a good workout.

Adding more walks, distance or pace is a good way to challenge yourself.

Also walks that incorporate different terrain such as sand or uneven countryside will help to not only strengthen your big muscle groups but also the smaller groups that help with balance.

Many people with injuries that stop them from taking part in any sort of running or jumping workouts take up walking instead and still get a very good workout.

Whether it's a slow easy Sunday stroll or a more intense walk including hills, the main point to remember is that you are exercising, burning calories and gaining all the health benefits.



► A couple walk through the Sele in Hexham, Northumberland