



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

WALK DAILY FOR HEALTH BENEFITS

The human body was designed to be in motion with appropriate rest periods. Refer to **YOUR AGING BODY CAN TALK**, page 35 for a partial list of signs and symptoms of being sedentary. Please realize that you can counteract all of these issues that include poor posture, diminished lung capacity, flabby muscles, hormonal imbalances, sluggish digestion, and others *by simply walking*.

When you move to page 36, you will learn about Non-Exercise Activity Thermogenesis (NEAT). Yes, that is a mouthful, and a great deal of research is behind the concept! It was studied by James A. Levine, MD., and he coined the term thermogenesis. His book, **GET UP!** is described on page 36 in the chapter *Move It and Preserve It*, in my book **YOUR AGING BODY CAN TALK**. I suggest you also read the book **GET UP!** and proceed to put more movement into your lifestyle, and certainly include walking.

Walking is discussed on pages 44, 45, and 46 in **YOUR AGING BODY CAN TALK**.

Walking helps your body feel more alive and function more efficiently. Walking helps your heart pump more efficiently so that blood circulates throughout your arterial system serving all the cells of your body with fresh blood and oxygen. This helps heart rate and quality of beating, lowers blood pressure (if it is high), improves stamina and health in general, and brings more blood flow to your brain.

Improved vascular circulation in your brain helps memory and cognitive function, reduces cognitive decline, and even helps neurotransmitter production. Improved neurotransmitter flow in your body reduces stress, averts anxiety, and assists with mood imbalances. People who regularly walk have less fatigue and are more productive than their counterparts who do not actively walk.

People who regularly walk for health build muscle strength and have improved balance, and diminished risk of falling. Proactively walking can improve blood sugar metabolism to the point of reducing the likelihood of diabetes risk.

I recommend in addition to physically walking that you add another layer and consciously work on walking while exercising any particular Organ, Meridian, or body area that you feel needs strengthening as you "walk with" that organ.

You may enjoy following these links about walking.

<https://www.healthline.com/health/benefits-of-walking>

<https://simplyhealth.today/20-shocking-benefits-of-walking-regularly>