



Investigating the Impact of Walking on humans Health

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Abstract

Recent studies have demonstrated that brisk walking help to reduce anxiety and tension and assist in weight loss. Regular walking helps improve cholesterol profile, help control hypertension, and slow the process of osteoporosis.

The purpose of this paper is to summarise the benefits of walking on physical and mental health to encourage people to participate in walking as a regular and sustainable exercise, and to determine of the limitation of regular walking. The researcher used the descriptive approach for achieve the research objectives.

Research finding indicated that walking can relieve the human body fat, improve their heart health and decrease the possible risk of heart attack and stroke. Additionally walking improve their ability in lowering high blood pressure, reduce risk of diabetes, and Decrease stress and prevent depression.

Keywords: Walking, humans health, Physical and mental health.



1. Introduction

Health is a dynamic process, and it is always changing. All humans may have times of good health, times of sickness, and maybe even times of serious illness. This study came to investigate the impact of Walking on reducing the sickness time through regular walking in daily manner.

When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardio respiratory ability, body composition, flexibility, and muscular ability). (canfitpro, 2016)

Those of who participate in regular physical activity to improve the current and future level of their health. Those strive toward an optimal state of well-being. As their lifestyle improves, their health also improves and has less sickness and disease. (canfitpro, 2016)

Walking is one of the less expensive and most broadly attainable exercises of physical activity. It is rarely linked with physical injury and can easily be adopted by people of different ages, including those who have never participated in physical activity.

Walking is currently considered as the most popular action with regard to common realised physical activity all over the world. According to some published studies in the United Kingdom and United States that directly demonstrated that the prevalence of walking is two to three times higher than those of the next most frequently reported activities.

Walking is an automatic, intrinsic human function, harmonious, dynamic, aerobic activity of large skeletal muscles that confers the multifarious benefits with minimal adverse effects. brisk Walking and regularly in sufficient quantity increase 70% of maximal heart rate, develops and sustains physical fitness and the cardiovascular capacity and stamina for bodily work and movement in everyday life. (Notthoff, 2014)



Walking is considered as a convenient activity and may be accommodated in occupational and domestic routines. It is self-regulated in intensity, duration and frequency, is inherently safe, duration and frequency, it is a year-round, readily repeatable, self-reinforcing, habit-forming activity and the main option for increasing physical activity in populations. (Kohl & Cook, 2013)

Studies have shown that walking has higher levels of involvement than other exercises of physical activity, possibly because it is convenient and overcomes many of the commonly perceived barriers to physical activity: lack of time, lack of fitness or lack of skill. (Hovell, 2017). This study came to investigate the relation between walking activity and public health especially physical and mental health.

1.1 Research problem

Walking rates have declined steadily all over the world during the last decades, because the evolution of transportation and manufacturing of elevators and electrical stairs. Therefore, this paper has been prepared to investigate solutions and methods to inducement the people on regularly walking.

1.2 Research Questions

This paper came to answer the following questions:

- 1- What is the impact of walking on humans' health?
- 2- Why walking is so accessible?
- 3- What is the limitation of regular walking?



1.3 Objective

The main objectives that this paper aims to answer the following:

- 1- The researcher seeks to determine the benefits of regularly walking.
- 2- The researcher seeks to determine the impact of regularly walking on humans' health.
- 3- To encourage people to participate in walking as a regular and sustainable exercise.

Methodology

The searcher searched, and compiled of information concerned with the effect of walking on the health. So a descriptive approach was used to achieve the research objectives through reviewing several literatures and past studies on the study topic.

2. Health

2.1 The concept of health

The world health organization defined health is “A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. (Hofgastein, 2011)

This means that health is a healthful lifestyle is represented in mental and physical health to support an individual's function in society.



2.2 Type of health

We have five types of health mental, physical, social, emotional, and spiritual health:

- **physical health**

Physical health involves pursuing a healthful lifestyle to Maintaining physical fitness, decrease the risk of noncommunicable disease. (Nordqvist, 2017)

- **Mental health**

Mental health is the ability of person to grow and learn intellectually. and refers to a person's emotional, individual's perception, psychological wellbeing, and social. (Nordqvist, 2017)

- **Social health**

The ability of person to interact well with people and the environment around him and to have satisfying personal relationships.

- **Emotional health**

The ability of person to control in him emotions so that him feel comfortable expressing them and can express them appropriately.

- **Spiritual health**

It varies from person to person but has the concept of faith at its core. A belief in some unifying force. (canfitpro, 2016)



3. Walking

3.1 The concept of walking

Walking is an important locomotor skill and used in everyday activities like walking to market or job and used in sports, used in play and dance activities. and the Walking is the transfer of weight from one foot to the other while moving forwards or backwards. the arms swing freely in opposite directions, and One foot is always in contact with the ground. (zealand, 2012)

This means that walking is the continuous move process using in everyday activities like walking to market or school.

3.2 In the following the reasons why walking is so accessible: (Fenton, 2011)

- walking is free this mean you do not to need expensive gym membership or special shoes to take part
- you can wear your daily clothes that you like so you do not feel uncomfortable.
- walking is safety, so you are unlikely to get injured.
- it's fun to go with your friends for a walk.
- the walking is a healthy way to go where you need be.
- you can be walking almost anywhere at any time.
- Walking is a great 'gateway' to the world of exercise because it often inspires people to try out other healthy activities.



3.3 The limitation of regular walking:

- people may not realize how long it takes to walk short distances.
- lack of safe and attractive places to walk.
- adverse weather (either too hot or too cold).
- In addition to suffer the people with disabilities, elderly people or parents with kids. (Torner & Neogi, 2014)

4. Impact of walking on health:

4.1 There are many health benefits of walking. And exercise walking is so very easy:

1. **Reach and preserve a healthy weight:** brisk Walking reduces your body fat, increases lean muscle tissue, burns calories and improves metabolism. walking can help you achieve long-lasting weight control. Combined with a healthy lifestyle and nutritious eating.

2. **Regulates Blood Pressure and cholesterol:** regular walking can also help lowering high blood pressure, decreasing low density lipoprotein (LDL) cholesterol and increasing high density lipoprotein (HDL) instead of taking risky medications with unpleasant side effects. (Greene, 2014)

3. **manage and reduce risk of diabetes:** daily Walking progresses your body's natural ability to process sugar (glucose tolerance) and to maintain a healthy weight. This help you prevent or even reverse the effect of type 2 diabetes. (Biswas, 2017)



4. Lower your risk of heart attack and stroke: Walking helps to improve your heart health and decrease your risk of heart attack and stroke, just 30 minutes of walking daily greatly improves your circulation and helps keep your heart and blood vessels healthy - Based on large studies of both women and men. (Biswas, 2017)

5. Decrease stress and prevent depression: Regular exercise walking is a great way to improve your mood, breathing, to reduce stress, anxiety and depression by improving circulation and stimulates the nervous system receptors and decreases the production of the stress hormones. (Greene, 2014)

6. Stay strong, active and healthy: As you age, exercise walking can improve your stamina and keep you fit. Walking exercise strengthens bones, muscles and joints, helps prevent falls and hip fractures, improves your immune system and extends your life expectancy. (Biswas, 2017)

7. Strengthens Bones: Studies show that regular walking can relieve arthritis and back pain and reducing the risk of osteoporosis, fracture. (Greene, 2014)

8. Improves Digestion: Walking after meals helps you reduce weight and supports your digestive system, and reduce the risk of colon cancer, diarrhea, constipation, bloating. (Biswas, 2017)

4.2 The impact of walking on mental health

- relieve physical symptoms of anxiety associated with minor stress.
- increase self-reported energy levels when older adults set their own pace.
- advance sleep quality.



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- raise affective response, resulting in increased psychological well-being for individuals with type 2 diabetes.
- be related with better cognitive performance at school.
- progress the cognitive functioning of older adults (compared to stretching and toning).
- progress cognitive performance and reduce cognitive decline among older people.
- growth the size of the hippocampus and prefrontal cortex, potentially beneficial for memory. (Hancock, 2012)

5. Conclusion

Walking is among the most cost-effective and accessible means of exercise. walking help to maintain physical and mental health in the all age by preventing a variety of health problems. In this paper we have defined the health is represented in mental and physical health to support an individual's function in society ; the concept of walking is the continuous move process using in everyday activities ; the identification of the types of health (physical and mental) , obstacles to the practice of walking such as adverse weather, lack of safe and attractive places to walk, and people may not realize how long it takes to walk short distances; and the impact of walking on physical and mental health such as Reach and preserve a healthy weight, Regulates Blood Pressure and cholesterol, manage and reduce risk of diabetes, Decrease stress and prevent depression, Strengthens Bones, Stay strong, active and healthy, Lower your risk of heart attack and stroke, and Improves Digestion.

Research finding currently indicate that walking can relieve symptoms of depression and anxiety, improve sleep quality, reduces your body fat, lowering high blood pressure,



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reduce risk of diabetes, to improve your heart health and decrease your risk of heart attack and stroke resulting in improvements in individual quality of life and reductions in the medical costs associated with treating these disorders, and improve cognitive performance (performance in mental processes such as thinking, understanding and remembering).

Although there is a body of studies on the benefits of walking for mental and physical health, few of people have a regular walking. therefore, we need to more studies into the relationship between the walking and its effect on mental and physical health.



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