

## The virtues of walking - cherish your body and stimulate your



neurons

### 1. Introduction

Walking is an activity particularly **easy to practice**, alone or in groups, at any age, at any time, at any place and which **requires no investment**, except that a pair of shoes adapted to the type of walking/running you do.

*"When we only want to arrive, we can run; but when we want to travel, we have to go by foot."*

**Jean Jacques Rousseau**

*Even Rousseau chose to walk!*

Everyone knows that walking has virtues for the physical and mental health - now we will study more precisely the positive effects for the body and for mental health.



#### **Did you know?**

1 minute of biking = 150 steps

1 minute of swimming = 96 steps

1 minutes of yoga = 50 steps

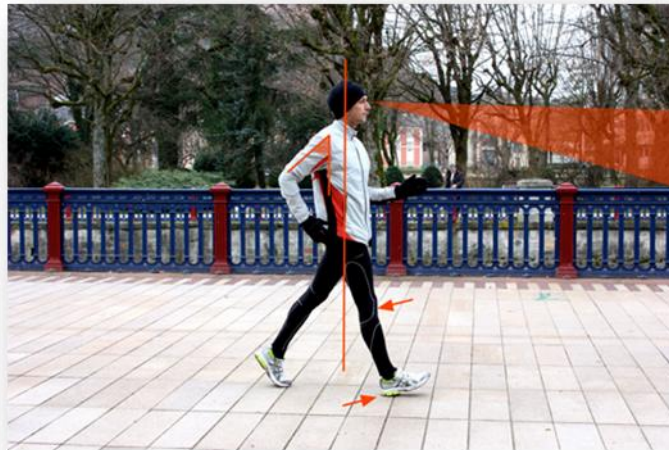
## 2. The virtues of walking

The walking has physical positive effects on:

- oxygen consumption i.e. cardio respiratory capacity
- body weight reduction, especially body fat
- blood pressure
- cholesterol levels
- bone density and preventing osteoporosis
- muscle strength
- balance
- longevity: to walk fast for at least 75 minutes per week can expand your life expectancy for more than 2 years
- flexibility and body posture

The walking positive cognitive effects on:

- anxiety and depression
- stress reduction
- appetite control
- quality of sleep



### 3. Some tips for walking in Paris

Association	Link	Region
TCF Randonnée	<a href="http://tcf-randonnee.com/sites">http://tcf-randonnee.com/sites</a>	France
Marche ta Forme	<a href="http://marchetaforme.com/">http://marchetaforme.com/</a>	Paris
Sport Seniors	<a href="http://www.sport-seniors-paris.com/">http://www.sport-seniors-paris.com/</a>	Ile-de-France
CIHM	<a href="http://www.cihm.info/">http://www.cihm.info/</a>	Paris et Ile-de-France
Association Seuil : réinsertion des jeunes par la marche	<a href="http://assoseuil.org/">http://assoseuil.org/</a>	Paris