

Is this simple habit your superpower?

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Featured topic

One simple habit. Five powerful benefits. Walking can help support your heart, fitness, blood sugar, mood and sleep. Find out how to build more brisk walking into your routine, whether it's a post-dinner stroll, a walking phone call or a few extra steps with your family.

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Transcript

Narrator: What if you could turn walking into a superpower? One that could help you live longer, feel better and get more out of life. Here are the five important things you should know about walking.

Regular physical activity, like brisk walking, can lower your risk of heart disease, stroke and high blood pressure. It can also help with maintaining a healthy weight and improve overall fitness. Through a process called gene silencing, brisk daily walks may cut the effect of obesity-promoting genes in half.

When you walk, your body becomes more sensitive to insulin, especially after eating. That's why even a short walk soon after a meal is a great way to reduce the rise in blood sugar that naturally occurs during digestion. But the benefits aren't just physical. Walking can stimulate parts of the brain involved in regulating mood and stress levels. This can

help you feel more positive, energized and emotionally balanced. It has also been shown to lower the risk of depression.

It can trigger a surge in a chemical that helps repair damaged neurons. If your walking is outdoors in daylight, it can regulate your circadian rhythm, helping you to get to sleep on time. And regular walking may promote better, longer sleep. And some benefits can happen surprisingly quickly. You don't necessarily have to wait months to feel a difference.

You should try and get 150 minutes of moderate-intensity activity each week, and walking counts. Spread your walking throughout the week and build it into your everyday life. Walk while you're on a phone call. Take a 10-minute walk after dinner. Park a little farther away. Walk with your kids. The goal is simply to move more and sit less.

But remember, your walking superpower isn't about taking the most steps. It's about making those steps a regular part of your life. If you have questions about what type of exercise is right for you, talk to your doctor.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health or exercise readiness, consult your doctor before beginning a fitness program.