

**How to Cite:**

Balpande, M., & Siddiqui, S. (2022). Effect of walking exercise on the human body. *International Journal of Health Sciences*, 6(S1), 8783–8787. <https://doi.org/10.53730/ijhs.v6nS1.6977>

## Effect of walking exercise on the human body

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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.

### Introduction

In today's modern lifestyle, the importance of exercise in the life of a normal person has diminished. Waking up late at night and getting up late in the morning has become a part of the lifestyle of most of today's youth. The side effects of today's youth are back pain, obesity, overeating, stress, depression, etc. suffering from such diseases. The way modernity has changed our way of life is having a direct effect on our health. Today's modernization has made this distinction disappear day and night. The work style has changed, so the rush has increased and so has the competition to move forward. Now everyone and everything is needed very quickly. The diseases caused by wrong lifestyle are called 'lifestyle diseases'. Nowadays, young people at home seem to be more affected by health problems than the elderly. Today's youth are afflicted with diseases like diabetes, high blood pressure, depression, weight gain, cancer, mental illness, thyroid disorders, fatty liver, PCOD, infertility, heart disease, paralysis, insomnia, respiratory diseases and asthma, eye disorders and increasing number of spectacles. Due to modern lifestyle almost 90% of people suffer from acidity, constipation etc. Disorders are involved. The changing modern lifestyle is deteriorating the physical, mental and social health of human beings.

Most of the people suffering from these disorders are living their lives on immediate relief pills and medicines. Most people are not ready to adopt a way of living happily ever after. Regular 'yoga practice' is a permanent remedy for many of these modern ailments. Many people are attracted to yoga these days. Many people are not ready to accept the path of yoga because of the different types of yoga and the time it takes. In all of this walking exercise is one of the best types of exercise that is suitable for people of all ages. Regular walking for only 30 minutes can keep you away from all kinds of ailments and lead a happy longevity.

In the present life, the activities of many people are of sedentary nature instead of walking. Scientifically, the structure of the human body is not suitable for continuous sitting. The more we work against anatomy, the more harmful it can be to the body. For the movements of human daily life, nature has designed this type of walking as a basic and main type. That is why walking should be emphasized on simple exercises for better health of the body. Walking every day should be an integral part of our daily routine. Walking is the best form of exercise because it does not require any tools. Walking five kilometers every day will keep you healthy forever. The main advantage of walking is that it provides physical and mental exercise at the same time.

**The purpose of the research:**

- To study the importance of walking exercise.
- Study the types of walking exercises
- To study the health benefits of walking exercise.

**Research Questions:**

This paper came to answer the following questions.

- What is the effect of walking on humans' health?
- Why walking is so accessible?
- What is the limitation of regular walking?

**Objective:**

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

- The researcher seeks to determine the advantages of regularly walking.
- The researcher seeks to determine the impact of regularly walking on humans' health.
- 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.

**Walking exercises and its effects**

1. Walking in a rhythmic manner: It is beneficial to walk in a rhythmic manner to control back pain, heart disease, high blood pressure and shortness of breath. This type of walking is called fitness walking in classical language. Fitness

walking is a physical activity that involves walking slowly but rhythmically with less pressure on the feet. All the benefits come from doing this exercise. Fitness walking increases heart rate. Increases lung function. Improves metabolism. The body consumes calories. Moreover, it is not likely to cause any trouble. Similarly, we can do this exercise at any age. This is a great way to lose or maintain weight. Walking three to four times a week, especially twenty to thirty minutes in the morning without stopping is good for health. Walking speed can be increased. The following things can be done after starting to walk.

2. Climbing a hill: While climbing a hill, the weight of the whole body falls on the feet. This increases the efficiency of the lungs and improves metabolism. The body consumes calories. This involves a good exercise if you climb the cliff with the weight in hand.
3. Warming up: The best way to warm up is to walk slowly. This involves stretching the leg muscles. In this, keep the position of the pelvis and thighs stretched forward and in the area for 20 seconds. If you feel pain, relieve stress. This makes the thighs stronger.
4. Walking a lot: Walking a lot is also called brisk walk. This benefits the body the most. There are many benefits. If for some reason it is not possible to walk a long distance in a single round, (within the same number of days / weeks) several times, walking a short distance (500 to 1000 meters) should complete the exercise.
5. Walking while doing household chores: We can also exercise while doing some chores at home.
6. Walking to school with child: If school is nearby, take the children to school on foot and bring them back home. The benefits accrue to both parents and children. Plus, kids get into healthy habits without knowing it, which is a bonus to go on foot to work nearby.

### **The benefits of walking exercise**

1. Reduces pain during menstruation: Many women experience a lot of pain during menstruation. In the meanwhile, they resort to various measures to relax themselves. But 15 minutes of leisurely walk in the yard, society or garden during menstruation helps to reduce the pain.
2. Walking can enhance your life: Life and death are not really in your hands. But with a few simple steps, you can keep yourself fit. One of the most important exercises is walking for a few minutes every day. According to a 2011 report in *The Lancet*, walking for 15 minutes a day and at least 90 minutes a week can increase the life expectancy by three years. Another study found that people who walk consistently have a longer lifespan than others.
3. Walkers are less likely to develop diabetes: Walking can help the body use insulin properly. If you have diabetes or you have a problem with it, walking for a few minutes is good for you.
4. Walking will save you from joint pain: Older people can save themselves from joint pain if they walk for 15 minutes every day and at least one hour a week. In a report published in 2019, in a study published in the journal *Psychiatry*, he studied 1,564 people over the age of 49 and with joint pain. They were

- asked to walk for 15 minutes every day. After a few weeks, many of them were found to have less joint pain and increased body excitement.
5. Walking keeps your head fresh: If you walk for some time every day, you will stay fresh. It also allows you to do your work better. According to many psychologists, walking for some time every day relieves many symptoms of lethargy and anxiety.
  6. Weight gain control: Half an hour daily walk improves digestion and burns more calories. Walking is also considered a simple exercise for the heart, which helps in maintaining a balanced weight.
  7. Positive brain changes: As a study reveals that low impact aerobic exercises, like walking, prevent early dementia, reduce the risk of Alzheimer's disease, and improve overall mental health. Not to mention reducing mental stress and maintaining a higher level of endorphins.
  8. Improved eyesight: Even though eyes might seem like the last thing to be connected with the legs, walking actually benefits.
  9. Prevention of heart diseases: According to the American Heart Association, walking is no less effective than running when it comes to the prevention of heart-related disease or stroke. This activity helps avoid heart problems by lowering high blood pressure and cholesterol levels and improving blood circulation.
  10. Increased lung volume: Walking is an aerobic exercise which increases oxygen flow in the bloodstream and helps train your lungs, as well as eliminate toxins and waste. Because of better and deeper breathing some symptoms associated with lung disease may also be relieved.
  11. Beneficial effects on the pancreas: It might be hard to believe but walking for exercise turns out to be a much more effective tool in preventing diabetes than running. This research shows that a group of "walkers" demonstrated improvement in glucose tolerance almost 6 times greater (i.e. how well blood sugar is absorbed by cells) than that of a group of "runners," over a 6 month trial period.
  12. Improved digestion: 30 minutes of walking every day could not only lower the risk of colon cancer in the future but improve our digestion and constipation by helping to regulate our bowel movements.
  13. Back pain relief: Walking may become a real life-saver for those who experience back pain during more challenging high-impact exercises. Since it's a low-impact activity it won't cause more pain or discomfort, like running or HIT would. Walking contributes to better blood circulation within the spinal structures and improves posture and flexibility which is vital for a healthy spine.

## **Conclusion**

To keep your body working in a healthy state, there is no need to take unnatural physical exertion. From the hundreds of years of experience of human communities living in the nineties and centuries, it is clear that if we consciously pay close attention to the cheap and cool natural movements for which our bodies are made, we can live a long life without much effort. If you think about it sincerely, there are many other options for easy natural movement. There are thousands of ways to stay healthy in life. But many of these measures are not very difficult to apply in daily life. A simpler way to stay fit than with today's gym

culture is to walk for 30 minutes every morning or evening and follow an active lifestyle. Research has shown that if you exercise regularly and walk for about half an hour every day, you will see better results. It will improve your health. Life and death are not really in your hands. But with a few simple steps, we can keep ourselves fit. One of them is walking for a few minutes every day. According to a 2011 report in *The Lancet*, walking for 15 minutes a day and at least 90 minutes a week can increase the life expectancy by three years. Another study found that people who walk regularly have a longer lifespan than others and that they are protected from many diseases.

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