**Walking Factoids….DID YOU KNOW?**

1. Did you know….walking for an additional 30 minutes per day, leads to 15 lbs weight loss in one year? That’s right! We were born to move and our bodies love us for it! If you can’t find the 30 minute time frame right away, try doing three, 10 minute bouts instead.
2. Did you know….Walking after we eat leads to a 2 inch reduction on the waist line after 1000 meals? In the old days, it was thought walking after eating was dangerous. Now, all you have to do is wait 2 seconds [literally] and get moving! By walking after your meals, you are less prone to eat seconds or a huge dessert.
3. Did you know….Almost 60% of Canadians carry extra weight around? Five million have high blood pressure, 40% have high cholesterol, and 2 million have diabetes….it’s a scary state! By moving, our bodies will respond to better blood flow, a healthier heart, and a few pounds lost along the way.
4. Did you know….Walking briskly is almost as challenging as jogging? When you walk faster than 3.1 mph you will naturally lengthen your stride. Lengthening your stride requires more energy to move your legs forward which in turn requires more arm and torso movement and hip rotation. The result is higher aerobic demands and more calories burned!
5. Did you know…Walking helps to alleviate symptoms of depression? Walking for 30 minutes a minimum of three times per week for twelve weeks reduces symptoms of depression by 47% (measured by a standard depression questionnaire).
6. Did you know….The average person walks between 3,000 and 4,000 steps per day? 1,000 steps is the equivalent of approximately 10 minutes of brisk walking. This means that you are walking approximately 2.4 to 3.2 kilometers per day and burning up to 200 calories. FYI a 12oz glass of Labatts Blue has 153 calories…..
7. Did you know….That there are 1, 176 steps to the main deck level of the CN Tower and 2,579 steps to the Skypod at the CN Tower? This means that if you walk all the way up to the Skypod, you would have walked just under a kilometer and a half straight up!
8. Did you know….That if you parked your car 100 meters from your office, you would burn 1,705 calories per year? If you climbed one extra flight of stairs a day for a year you would burn 1,750 calories and if you manually operated your TV you would burn 2,100 calories by the end of the year! Adding these three easy steps into your daily routine equals a total weight loss of 2.1 lbs!
9. Did you know….That if you burned 2,000-2,500 calories per week by walking not only would you lose 33 lbs by the end of the year but the average middle-aged person will extend their life by two years!? (Harvard Alumni Study) What other reason do you need? Time to get moving!
10. Did you know…Walking is not only a great weight loss tool; it is an effective stress reliever as well! Walking can be used to take your mind off your daily stressors and ward off anger and frustration. You can also use your walk for meditation and reflection.
11. Did you know….That on average it takes 1, 320 steps to walk a kilometer? This means that to walk from the John Deere location in London (Royce Court) to the John Deere in Ottawa (Cardevco Rd), you would have taken approximately 739, 992 steps!
12. Did you know….Women that average more than 10,000 steps per day have 40% less body fat and waist and hip measurements that are four to six inches narrower than those who averaged less than 6, 000. (Los Angeles Times, May 17, 2004) We know that 10, 000 steps may seem like a huge number but remember; walking is easy and can be done anywhere. The steps you accumulate throughout your regular routine count!
13. Did you know….That if you make small changes to your arm position while walking you will move faster and burn more calories? If you walk without swinging your arms you will average 100 steps per minute, by swinging your arms, pendulum style, you will increase to 116 steps per minute. If you bend your arms and swing while walking, you will walk 125 steps per minute. Small changes for BIG results!
14. Did you know….That you would have to walk the entire football field to burn off just ONE M&M? Something to think about the next time you eat a sugary snack? Plan ahead for your treats, either walk first and then enjoy your treat or go for a walk after dinner to help burn off the extra calories. Let’s face it - no one wants to give up treats all together!
15. Did you know….That if you walk in the morning you will have residual calorie expenditure for the entire day? If you walk in the morning before you eat, you will burn approximately 1 calorie per minute but if you eat a lite meal before your walk, you will burn 5-10 calories per minute (at speed of 3.5mph).
16. Did you know….That there are numerous health benefits from walking? For example walking 150 minutes per week and losing 7% or your body weight can reduce your risk of diabetes by 58%. Men who walk less than one mile per day have a mortality rate of almost twice as much as those that walk more than two miles per day. For women, walking strengthens the heart. If women walk three hours or more per week, the risk of heart attack or other coronary events is reduced by 35% compared with women who do not walk.
17. Did you know….Walking is good for both your brain and your bones? Walking increases your cognitive functions and decreases cognitive decline. For postmenopausal women, if you walk approximately one mile per day you will have higher whole-body bone density that women that walk shorter distances. Walking also assists in slowing the rate of bone loss in your legs.