Why walking is great for you & your family
# FamilyHealthAndFitnessDay

LET'S GET WALKING

prepared in collaboration with @CochraneOrg
WALKING IS UNDERRATED

Engaging in health habits as a family not only increases your success rate, but also help you bond.

Physical activity is an essential component of a healthy lifestyle.

Taking walks together is an easy, low-cost way to exercise that most people can do (including your toddlers, parents, & everyone in between).

GENTLE FACTS
Walking to lower blood pressure

Studies suggest that walking can be great for both your physical & mental health

One of the many potential benefits is lowering blood pressure

Lowering blood pressure to normal levels is effective in reducing the risks of heart diseases & stroke—leading causes of death in the US
What does science say?

To explore the effects of walking on blood pressure & heart rate, Cochrane did a systematic review:

- 73 trials
- 22 countries

Home/community/school/gym-based walking several times a week with various intensity levels

5763 participants with various health conditions

- Female
- Male

- Aged 16–40
- 41–60
- 60+
Evidence suggests that walking could have an effect on lowering blood pressure (with low to moderate certainty):

- **Moderate-intensity** walking (breaking a light sweat, heavier breathing, can talk but can’t sing)

- 3–5 times/week, of 20–40 min duration

- 150 min total/week

- Keep it up for ~3 months to see effects

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**GENTLE FACTS**