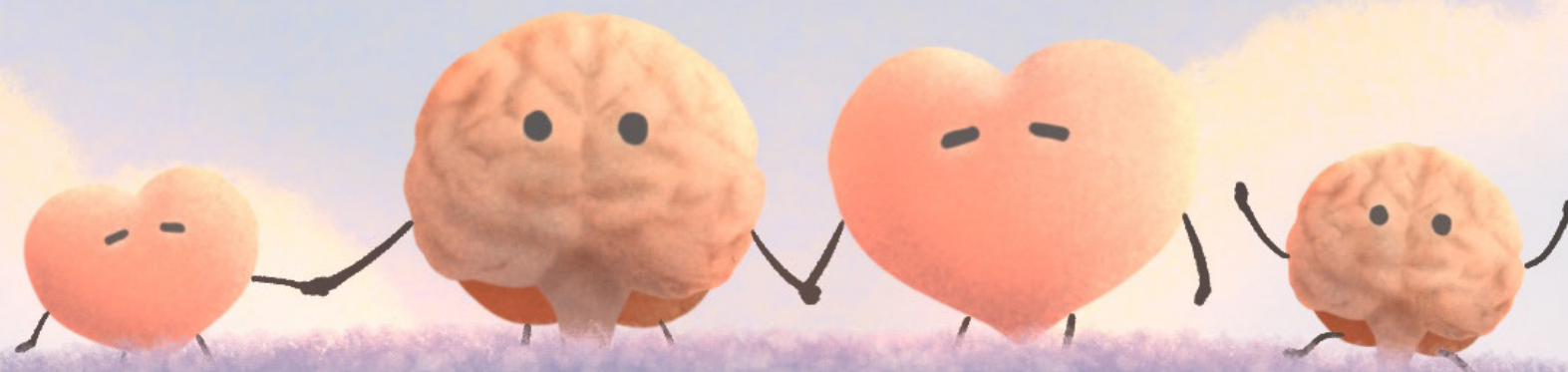


Why walking is great for you & your family
FamilyHealthAndFitnessDay



LET'S
GET
WALKING

prepared in collaboration with @CochraneOrg

GENTLE FACTS

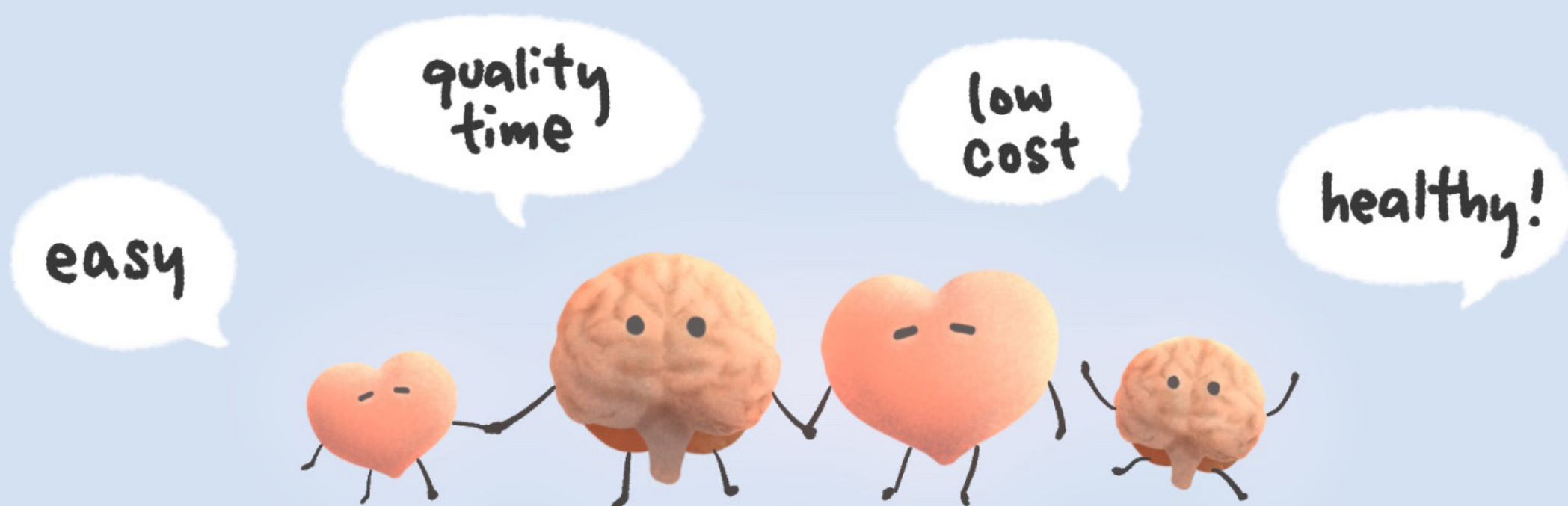
WALKING is UNDERRATED

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)



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**:

global gold standard

73 trials 22 countries

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

5763 participants with various health conditions



aged 16–40



THE VERDICT

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

