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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Amazing Health Benefits of Walking for Exercise

By Chileshe Mwape

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Walking for exercise is a purposeful, brisk walk specifically designed for the purpose of improving health. It is one of the best and cheapest forms of exercise. If you want to improve your general health and keep fit, or if you want to reduce your weight, walking is a good place to start.

Walking keeps you fit and helps you take off extra weight and keep it off. It's cheap, it's simple and almost anybody can do it. Walking has a multitude of health benefits for everyone. Here are some of its many benefits:

- Helps reduce the risk of coronary heart disease and stroke
- Lowers high blood pressure
- Helps reduce weight and body fat
- Helps reduce risk of some cancers
- Reduces anxiety and depression and improves your mood and mental well-being
- Helps control joint swelling and pain from arthritis
- Gives you more energy
- Helps you sleep better
- Helps you look better
- Improves bone density and helps reduce the risk of developing osteoporosis
- Helps those people who are recovering from a period of ill-health

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Walking for exercise does not need to be strenuous to produce results. Even walking for 30 minutes a day has been reported to produce measurable benefits, even among those who are least active.

If you want to feel great, have more energy and improve your overall health, take a walk. Walking is one of the best forms of exercise and you can do it almost anywhere, anytime, and for free.

Along with its benefits to the heart, walking improves circulation, helps breathing, combats depression, bolsters the immune system, helps prevent osteoporosis, helps control weight and helps prevent and control diabetes. It's a gentle exercise and it's suitable if you are recovering from heart trouble, a stroke or other illness. It helps the total circulation of blood throughout the body, and thus has a direct effect on your overall feeling of health.

Remember, if you have a medical condition, are overweight, over 40 years of age or haven't exercised regularly for a long time, check with your doctor before you start any type of exercise program.

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<http://www.justfootball.org.uk/>

which features football related articles, news and other resources.

5 Heart Healthy Exercises You Can Do During Pregnancy

By Tia Rodriguez

Pregnancy is a time of celebration, love, and unwanted but necessary weight gain. However, being pregnant doesn't mean that your health and figure has to suffer permanent damage. You can gain weight in a healthy fashion while doing some very easy and safe heart healthy pregnancy exercise routines.

One of the simplest and most effective pregnancy exercises you can do is walking. Not only is walking one of the best cardiovascular exercises, it is also one of the safest pregnancy exercises you can engage in. Walking is one of the few pregnancy exercises that you can do for the complete duration of your pregnancy.

Another extremely beneficial heart healthy pregnancy exercise is swimming. Countless doctors and pregnant women have attested to the wonderful benefits of swimming during pregnancy. A weekly pregnancy exercise routine of swimming gives both the arms and legs a great workout while promoting cardiovascular health. Because of the nature of being subdued in water, swimming will also remind expectant mothers what it felt like before the pounds were added on. This is definitely a welcome change every now and then.

The third pregnancy exercise routine you can start doing to keep your body healthy is enrolling in an aerobics class. Many fitness centers and community centers offer low impact aerobics classes for

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pregnant women. One of the nicer benefits of this pregnancy exercise is that it is done in the company of other pregnant women under the watchful eye of a professional aerobics instructor. This means you are going to get a safe workout catered to the special needs of pregnancy.

Weight training is also a very beneficial pregnancy routine to keep your body healthy. Although you must only use very light weights when engaging in this pregnancy exercise, weight training is an excellent way of toning your body and increasing muscular strength.

The last heart healthy pregnancy exercise you can do to stay fit is Pilates/yoga. Both of these body conditioning exercises promote stretching and flexibility within the muscles. Yoga is also a nice accompaniment to walking. By doing a combination of these pregnancy exercises, you can have a healthy balanced cardiovascular routine.

Being pregnant doesn't mean that you have to sacrifice exercise and health. By walking, swimming, doing aerobics, weight training, and engaging in a Pilates/yoga routine, you can have a healthy and fit pregnancy.

Tia Rodriguez is a health and wellness coordinator for an upscale sports management agency. To learn more about how a pregnancy exercise routine can benefit you during your pregnancy, check out the resources at

<http://www.pregnancy-without-pounds.info>



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