

# WHY WALK?



Worksite Wellness

APRIL 2025

## BENEFITS:

### STRESS

Walking is a great stress reliever! Believe it or not, being active focuses our minds energy away from negatives and our frustrations. This allows us to think freely and creatively. Nature walks also boost our mood. Be sure to get out to your local park or green area when walking!

### CRAVINGS

When you are feeling the need to eat something sweet and sugary, try a walk instead. In [Lerissa L. et al.](#) they have shown that a 15 minute walk will help curb cravings for chocolate and other sugary snacks. Quick walks will have your dentist and body thanking you later!

### JOINTS

Our knees benefit largely from us walking. Physically each time we walk, we strengthen the muscles of the leg. Leading us to having better balance and mobility as we age. Walking also increases the fluidity of the synovial fluid in the knee, keeping everything lubricated and limiting wear and tear from friction.

## WALKING IS FOR ALL!

Going for a walk is the quickest, most accessible form of exercise we can do! For 15 minutes out of your day, you get back health benefits that could last a lifetime. The best part is you don't have to do it all at once. Taking short five minute movement breaks throughout the day has the same benefits that a long walk would have! So the next time someone tells you to "go take a walk", be sure to listen to them!

