

The Hidden Benefits of Walking

THE WONDERS OF A GOOD WALK

We all know that exercise is good for our health, walking can help keep our bodies (and minds) in tip top condition.

Makes Us Happy

The act of physical exercise increases concentrations of norepinephrine in the body – a chemical which moderates the brain's response to stress.

Increases Productivity

Employees who regularly exercise are said to be far more productive and have much more energy than their sedentary counterparts.

Prevents Dementia

Walking, like all forms of physical exercise, boosts the chemicals in the brain that support and prevent degradation of the hippocampus.

Encourages Creativity

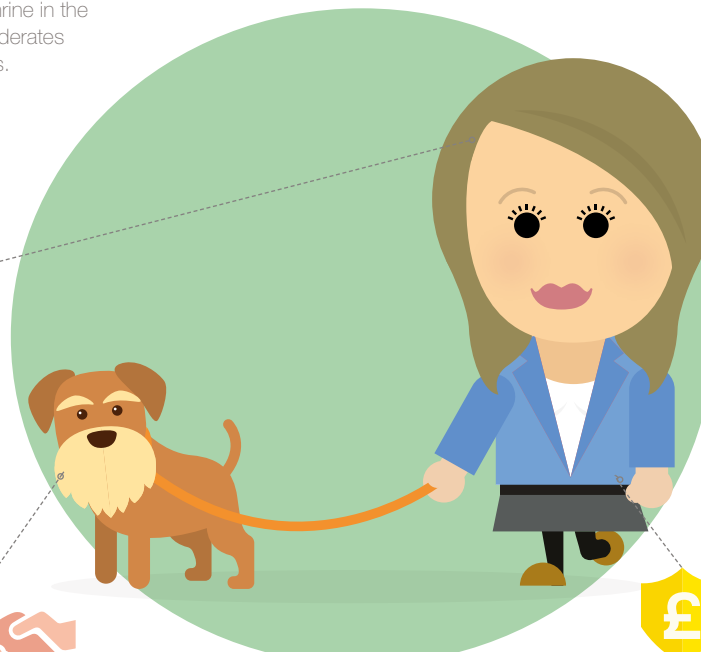
Friedrich Nietzsche even said all those years ago that 'all truly great thoughts are conceived by walking'. and truly flowing, get up on your feet!

Strengthens Friendships

By asking friends, family members or colleagues to join you, you can make a simple walk into a full-on social occasion.

Is Kind On Your Pocket

Walking is of course one of the most accessible forms of exercise, with no need for expensive membership fees, fancy equipment, or the latest Lycra number!



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