

Foot Podiatrist from Footwork Podiatry in North Shore Sydney CBD Sports Clinic Walking Can Increase Your Lifespan

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While it's common knowledge that exercise has numerous health benefits, new studies show that brisk walking can significantly lengthen your lifespan. In a study by the Mayo clinic, the walking habits of 475 000 people were monitored and results showed that those who followed a brisk walking pace could live up to 20 years longer, regardless of their BMI (body mass index).

Women who walked faster had a life expectancy of 87 years compared to 72 years for slower walkers, while men had an increased life span of 86 years compared to 65 years.

Walking for exercise is recognised as an effective antidote to the negative impact of a largely sedentary lifestyle. Incorporating just 25 minutes a day of brisk walking can add up to seven years to your lifespan. Even moderate regular exercise can reduce the symptoms of ageing and cut the risk of heart attack by half.

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Brisk walking protects against the health risks associated with obesity, keeps blood pressure down, and may prevent diabetes and reduce the risk of a stroke.

Footwork Podiatry in Sydney are passionate about helping people improve and maintain their health. Principal Sports Podiatrist and Director, Mark Lin is a firm believer in the benefits of regular exercise, including walking, "Brisk walking is as beneficial to the health as jogging, it elevates the heart rate, reduces stress, tones the muscles and builds strength. People who are able to walk faster are probably fitter and in better health in general. Starting where you are is still going to improve your overall health - you can begin with a moderate pace and work your way up to a faster pace.

If you can't seem to find the time to fit in a walk-in your busy day, try parking further away from your place of work or making time during your lunch hour. Choose a parking space further away from the entrance to the supermarket and take the stairs instead of the elevator."

Brisk walking is defined as completing at least 100 steps per minute or 5km per hour, and is an anti-depressant, improves cognitive function and may even slow the onset of age-related dementia. Benefits accumulate no matter the age that exercise is begun, with those starting at 70 still less likely to develop atrial fibrillation, a rhythm disturbance that affects 10% of the population over the age of 80.

Aerobic exercise, high-intensity interval training (HIIT) and strength training all have a positive effect on reducing the symptoms of ageing. Endurance exercise and high-intensity exercise may be even more efficient than lifting weights, as these increase telomerase activity, which helps to repair ageing DNA.

Researchers reported that by measuring the increase of telomerase activity over a six month period, they were able to prove that regular exercise had triggered the anti-ageing process.

Regular exercise is especially important for people of middle age, as the amount of exercise people engage in begins to tail off after the age of 40, and these increased levels of inactivity are harmful to older adults.

Exercising at a higher intensity typically increases the health benefit, so moving more often and at a higher intensity will always pay off with better results. Picking up the pace no matter where you are currently will help you live longer. Even a brisk 10-minute walk can reduce the risk of early death by 15%.

Fast consistent walking and walking up hills can make for a more effective cardio workout and walking briskly on an upwards incline burns calories and builds leg muscle mass.

"We know that taking up a new exercise routine or stepping up your current routine can take its toll; on the feet and legs, especially if you're still working towards your optimum fitness goal. The feet can really take a pounding, which is why we believe that looking after the feet is the key to maintaining an active healthy lifestyle for as long as possible.

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Our mission is to improve your quality of life by helping you to reach your health or training goals and achieving peak performance and optimal function. We offer advanced manual therapies and alternative solutions, with a holistic and corrective care approach to provoke the body's natural healing response. We also perform measurable and functional assessments to determine whether you are at risks of other pain and injuries," says Mark.

Mark Lin is a leading Sports Podiatrist in Sydney. Footwork Podiatry has two convenient locations Roseville on Sydney's North Shore and Sydney CBD. Both offer the full spectrum of podiatry treatments and although they receive referrals from medical doctors, they are willing to assess and assist

anyone who suffers from lower-limb issues.

For further information, visit the Sports and Podiatrist Clinic to book online, or call Mark Lin or Wei Lee and the team on +61 2 9416 7889.

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