



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2016; 1(1): 113-116

© 2016 Yoga

www.theyogicjournal.com

Received: 26-05-2016

Accepted: 28-06-2016

Aftab Ahmad Jan

Research Scholar, Bhagwat
University Ajmer, Rajasthan,
India

Khurshid Ahmad Hurrah

Research Scholar S.R.T.M
University Nanded,
Maharashtra, India

Role of power walking to make your heart and body healthy from chronic diseases and to burn your fat with exercises

Aftab Ahmad Jan and Khurshid Ahmad Hurrah

Abstract

Power walking is an exercise technique that emphasizes speed and arm motion as a means of increasing health benefits. Good posture will help you maintain speed and will help protect you from injury. Good power walking technique is essential if you want to maximize benefits and prevent injuries. It's amazing that power walking — a form of exercise that requires no expensive equipment, no special athletic ability, no apps or technology, and no gym membership (and one of the oldest and simplest forms of exercise on earth) — can be so beneficial. Brisk walking can help you lose weight Trusted Source, especially belly fat. Studies have found that power walking also reduces your risk for high blood pressure, high cholesterol, and diabetes. Running is a great way to get in shape and lose weight. But it's a high-impact exercise. High-impact workouts can be harder on your body than low-impact exercises like walking. Over time, running may lead to common overuse injuries such as: Stress fractures, Shin splints, ITB friction syndrome. If we do aerobic and resistance exercises, you burn the calories than consume them and your body stimulates it to lose weight fast.

Keywords: power walking, chronic diseases, fat

Introduction

Power walking is an exercise technique that emphasizes speed and arm motion as a means of increasing health benefits. Done correctly, regular power walking is good for your cardiovascular health, joint health, and emotional well-being. : Here's how you do it Good power walking technique is essential if you want to maximize benefits and prevent injuries. Here are some good guidelines to follow:

Watch your posture

Keep your eyes forward, shoulders back, and head upright. Pull your belly button in toward your spine to engage your core muscles. If you find yourself slumping forward, take a moment to correct your body position. If you notice you're holding tension in your shoulders and neck, relax and release them. Good posture will help you maintain speed and will help protect you from injury.

Swing your arms gently

With your arms bent at about a 90-degree angle, move your arms up and back so the opposite arm and leg are advancing at the same time. If your right foot is stepping forward, your left arm should be reaching forward, too. Adding the arm motion will help you walk faster. You don't need wild swings or chicken wings to get that benefit. Exaggerated movements could actually slow you down and increase the chance of hurting yourself. Focus on controlling your range of motion. Your hand shouldn't rise higher than your collarbone and shouldn't cross the center of your body.

Heel! Every individual who is lover of walking should know that with every step has land on your heel and roll your foot forward toward your toe. Concentrate on moving your hips forward rather than side to side.

Get a move on it means that he has to Use short strides and aim for a brisk pace. Studies Trusted Source have shown that taking more steps per minute can have a positive impact on

Correspondence

Aftab Ahmad Jan

Research Scholar, Bhagwat
University Ajmer, Rajasthan,
India

your insulin level, body mass index, and waist circumference. If you're just beginning an exercise program, talk to your doctor about a healthy pace for you. Gradually work up to longer distances and greater speed.

Distance counts one small study upon workers found that those who walked more than 15,000 steps daily had no signs of metabolic syndrome. This is a combination of health factors that often precedes the onset of diabetes.

Power walking: life-changing exercise technique

1. Good technique
2. Benefits
3. Tips
4. Takeaway

Power walking is also an exercise that emphasizes speed and arm motion as a means of increasing health benefits. Correctly, regular power walking is good for your cardiovascular health, joint health, and emotional well-being. Here's how you do it Good power walking technique is essential if you want to maximize benefits and prevent injuries. Here are some good guidelines to follow:

Why is power walking so good for you?

It's amazing that power walking — a form of exercise that requires no expensive equipment, no special athletic ability, no apps or technology, and no gym membership (and one of the oldest and simplest forms of exercise on earth) — can be so beneficial. Doctors have known for some time that brisk walking can help you lose weight Trusted Source, especially belly fat. Studies have found that power walking also reduces your risk for high blood pressure, high cholesterol, and diabetes.

The National Cancer Institute reports that engaging in regular, moderate to intense physical exercise like power walking lowers your risk for several cancers.

Power walking is also good for your bones. A recent study found an hour per day of moderate-intensity exercise like power walking prevents disability in people who have symptoms of joint problems in their lower extremities.

A 2002 study Trusted Source also found that walking four hours per week lowered the risk of hip fracture by 41 percent among women in per menopause. And it's not just your body that gets a boost from power walking. Research indicates brisk walking has powerful effects on your mental functioning Trusted Source, decision-making skills, and memory, especially as you get older. Decades of studies Trusted Source has also shown that brisk walking improves anxiety, depression, and self-esteem.

Tips for healthy power walking

To get the most out of power walking, consider these tips: Get the right gear. Your shoes should have good arch support and a flat sole (unlike running shoes, which may be slightly thicker at the heel). Make sure you're visible. Walk on a path or sidewalk where you're safe from traffic. If you're walking at dusk or in the dark, use reflective tape or clothing, or bring a flashlight.

Make it fun. Walk with a friend or colleague. Walk somewhere you find beautiful and restorative. Walk to music you like (just make sure you can also hear traffic sounds). Do whatever makes it fun for you!

Know the terrain. To keep from falling, notice uneven sidewalks, tree roots, and other obstacles. If you want to empower your daily walk, increase your pace with more

strides per minute, bend your arms, and swing them gently as you walk. Power walking has been shown to lower your risk for diabetes, high blood pressure, and some cancers. It's a great way to get fit, improve your heart and joint health, and boost your mental well-being. When you're walking, make sure you're on safe terrain, wearing the right gear, and taking steps to be sure this workout is as enjoyable as it is beneficial.

Benefits of cardio

Walking and running are both aerobic cardiovascular, or "cardio" exercise. Some of the health benefits of cardio include: helps you lose weight or maintain a healthy weight, Increases stamina, Boosts immune system, helps prevent or manage chronic conditions, Strengthens your heart.

Is walking better than running?

Walking can provide a lot of the same benefits of running. But running burns nearly double the number of calories as walking. For example, for someone who's 160 pounds, running at 5 miles per hour (mph) burns 606 calories? Walking briskly for the same amount of time at 3.5 mph burns just 314 calories. You need to burn approximately 3,500 calories to lose one pound. If your goal is to lose weight, running is a better choice than walking. If you're new to exercise or aren't able to run, walking can still help you get in shape. Walking is accessible for nearly all fitness levels. It can boost your heart and give you more energy overall.

- **Walking vs. running for weight loss**
- **Speed and power walking vs. running**

Speed walking is walking at a brisk pace, usually 3 mph or greater. Your heart rate is elevated during speed walking. You can burn more calories this way than walking at your usual pace. Power walking is usually considered from 3 mph to 5 mph, but some power walkers reach speeds of 7 to 10 mph. Power walking burns a similar number of calories as running. For example, power walking at 4.5 mph for one hour would burn the same as jogging at 4.5 mph for one hour. For an effective workout, try pace training. Increase your speed for two minutes at a time, then slow back down.

Walking with a weighted vest

Walking with a weighted vest may increase the number of calories you burn. To stay safe, wear a vest that's no more than 5 to 10 percent of your body weight. If you're looking for an alternative way to lose weight or tone your muscles, try interval walking instead. Pick up the speed for a certain amount of time before slowing down. Or alternatively, try walking with light dumbbells in each hand.

Incline walking vs. running

Incline walking involves walking uphill. It can burn a similar number of calories as running. You burn more calories at an incline than just walking on a flat surface. Look for a hilly area or walk on an incline on the treadmill. Increase the incline by 5, 10, or 15 percent at a time to practice incline walking. If you're new to incline walking, you can start gradually and work up to a 15 percent incline.

Benefits vs. risks

Running is a great way to get in shape and lose weight. But it's a high-impact exercise. High-impact workouts can be harder on your body than low-impact exercises like walking. Over time, running may lead to common overuse injuries such as: Stress fractures, Shin splints, ITB friction syndrome.

Takeaway

Both walking and running are excellent forms of cardiovascular exercise. Aim to get at least 150 minutes of moderate cardio exercise each week for your health. Walking is a smart choice if you're new to exercise and hoping to get in shape. If you're looking to lose weight or burn more calories, try running. If you're new to running, start with a program where you alternate between walking and running, such as Couch to 5K. Always check with your doctor before beginning a new exercise routine.

What causes hip pain when walking?

Hip pain when walking can happen for a lot of reasons. You can experience pain in the hip joint at any age. Let's take a look at each of these potential causes of hip pain when walking

Arthritis: Arthritis can cause hip pain at any age. Old injuries to the hip may increase the risk of arthritis later on. Research shows that professional athletes in impact sports are more likely to have arthritis in the hip and knee.

Muscle or tendon conditions Bursitis: This condition is caused by inflammation in the fluid-filled "ball bearings" around the hip joint.

Sprain or strain: These conditions occur from overusing the muscles and ligaments in the hips and legs. Tendinitis. This condition is caused by damage or irritation to tendons that connect hip muscles to bones. Hip labral tear. The labrum or cartilage ring socket keeps the hip bone in place. Toxic synovitis. This is an inflammatory condition in the joint that causes hip pain in children Inguinal hernia.

Bone conditions

Fractured or broken hip dislocation: This occurs when the top of the thigh (leg) bone slips partly or fully out the socket joint.

Osteoporosis: This condition causes weak or brittle bones in the hip and other areas, it usually occurs in older adults.

Osteomyelitis: This is a bone infection in or around the hip Bone cancer

Leukemia: This is a blood cell or bone marrow cancer.

Legg-Calve-Perthes disease: This disease occurs in children where the thigh bone doesn't get enough blood.

Avascular necrosis or osteonecrosis: This disease stops or limits blood flow temporarily to the head of the femur of the hip and other bones.

Nerve issues or damage: Nerve problems in or close to the hip joint can also cause pain when walking. Pinched or damaged nerves in the back can lead to nerve pain in the hip.

Sciatica: A pinched nerve in the lower back can cause hip and leg pain.

Sacroiliitis: Nerve damage due to inflammation where the spine joins the pelvis bone can also cause pain.

Meralgia paresthetica: Nerve irritation in the outer thigh can

be due to obesity, tight clothing, or too much standing or exercise.

Other causes of hip pain while walking

- Problems with gait or how you walk can trigger hip pain over time. Muscle weakness in the hips, legs, or knees can also lead to an imbalance in how much pressure is on one hip joints.
- Burn Fat Workout best exercises to lose weight fast
- In attempts to, innovative diets that help to lose weight fast should be avoided, as they are often ineffective, and even if they result in a rapid weight loss, in the beginning, they are not successful in the long run.
- A balanced and varied, increasing physical activity and, and adjusting nutritional behaviors and lifestyle, this article talks about the best sports practices for weight loss.

Best exercises to lose weight fast

The weight loss occurs when calories less than those that are consumed Burn it for body, if you exercise any kind of exercise, you increase the calories your body burns and stimulates it to lose weight fast.

Aerobic exercise

Aerobic exercises include brisk walking, jogging, aerobics classes, dancing, stationary bike, rope jumping and other exercises that increase breathing and heart rate. You are a beginner, you can start exercising 50 minutes of exercise per week, then gradually increase to 200 minutes.

Resistance exercises

Although aerobic exercises burn more calories than resistance exercises that are not directly produced by burning enough calories to stimulate weight loss, they are of great importance to health. Although we hear a lot about the increase in muscle mass that increases calorie burning even during rest and relaxation, studies that have found results like this are conducted only on people in advanced levels of body building, and in general, it can raise every half kilogram you add from the mass Muscle to your body weight 5-10 calories a day, which is a small number, so when it comes to losing weight it is best to do aerobic exercises and change in intensity.

Diversification by aerobic exercises

It is advised to diversify the sports practiced by the person, as this prevents the boredom that can accompany the repetition of the exercise itself every day that you exercise, as it reduces the pressure on the joints of the body itself every time.

Best time to exercise

Exercise is good and beneficial at any time of the day, but exercising in the morning ensures that you exercise before engaging in a daily routine that may not give you the appropriate opportunity to exercise once it begins, and it was also found that people who exercise in the morning are more committed to exercising from others. It was also found that morning sport improves the ability to sleep better than not exercising or exercising at other times, and adequate sleep plays a role in weight loss, as not getting enough sleep affects the hormones in the body that control appetite. Exercise can also be divided into several periods of the day instead of exercising fully in one period. Losing weight requires further steps. Despite the important role that exercise plays in

increasing calorie burning and weight loss, we should consider sport as only part of the weight loss strategy, and it is wrong to think that exercising heavily justifies eating any kind or quantity. From food, it is easier not to eat extra calories instead of burning them.

Best time for burn fat exercise

It is difficult to find time to exercise with a busy work schedule and social life, and the results of the studies seem to contradict the best time to exercise, so exercise is important regardless of the time of day. As it is really important to find the right time, it is worth noting that it is possible to try exercising in the morning, noon, and early in the evening to know the appropriate time that a person enjoys and feels better, and can also diversify in times and exercises to maintain activity and not get bored, And be careful not to exercise immediately after meals, Where it is advised to wait an hour and a half after eating a heavy meal to do physical exercise because the blood that the body needs for muscle movement goes to the digestive system to carry out the digestion.

Different times for burn fat exercise

The following explains the benefits of exercising at different times of the day: Morning

Studies indicate that early morning is the best time to exercise, and the following points explain why:

Exercising in the morning increases physical activity throughout the day, as it increases the metabolic rate, which means that the person will continue this burn fat exercise to burn calories throughout the day compared to exercising in the evening. Exercising in the morning helps to improve sleep ability compared to exercises in the afternoon or evening, which may negatively affect sleep, as it increases heart rate and body temperature, and sweating in the late night can hamper the ability to Sleep. Exercising on an empty stomach helps burn fat exercise, as burning fat increases 20% when doing exercises on an empty stomach before breakfast.

Afternoon and evening

Some studies have found that the ability of the body to exercise is higher in the afternoon and evening, and the following points show the reason for this: The body temperature is between two and six in the evening at the highest levels, which is the period when the body is more ready for exercise, which enhances muscle strength, enzyme activity, and endurance. The body's reaction speed increases in the afternoon and evening, which is important for doing vigorous exercises, such as frequent high-intensity training, abbreviation (HIIT), and running on the running machine, and the heart rate and blood pressure are lower late in the afternoon, which reduces the risk Injuries, and improves performance. The ability of the body to absorb oxygen increases in the evening, and therefore the body needs less time to warm up, which increases the effectiveness of exercises and the person's ability to focus on them. It helps to enjoy a good sleep, as one study showed that people who lift weights in the evening enjoy better sleep for a longer period compared to people who exercised the same exercise in the morning, but this benefit may not apply to all people.

References

1. Akers A, Barton J, Cossey R, Gainsford P, Griffin M, Micklewright D. Visual color perception in green exercise: Positive effects on mood and perceived

- exertion. *Environmental Science & Technology* 2012;46:8661-8666.doi:10.1021/es301685
2. Brown DK, Barton JL, Gladwell VF. Viewing nature scenes posi-tively affects recovery of autonomic function following acute-mental stress. *Environmental Science & Technology* 2013;47:5562-5569.doi:10.1021/es305019p
3. Chida Y, Steptoe A. Cortisol awakening response and psychosocial fac-tors: A systematic review and meta-analysis. *Biological Psychology* 2009;80:265-278.doi:10.1016/j.biopsycho.2008.10.004
4. Dong JG. The role of heart rate variability in sports physiology (review). *Experimental and Therapeutic Medicine* 2016;11:1531-1536.doi:10.3892/etm.2016.3104
5. Gladwell VF, Brown DK, Barton JL, Tarvainen MP, Kuoppa P, Pretty J *et al.* The effects of views of nature on autonomic control. *European Journal of Applied Psychology* 2012;112:3379-3386.doi:10.1007/s00421-012-2318-8
6. Gladwell VF, Brown DK, Wood C, Sandercock GR, Barton JL. The great outdoors: How a green exercise environment can benefit all. *Extreme Physiology & Medicine*, 2, Article 3 2013. doi:10.1186/2046-7648-2-3
7. Hadlow NC, Brown S, Wardrop R, Henley D. The effects of season, daylight saving and time of sunrise on serum cortisol in a large popu-lation. *Chronobiology International* 2014;31:243-251.doi:10.3109/07420528.2013.844162
8. Hartig T, Mitchell R, de Vries S, Frumkin H. Nature and health. *Annual Review of Public Health* 2014;35:207-228.doi:10.1146/annurev-publ-health-032013-182443.