

Leg cycles and strengthens tendons essay

[Sport & Tourism](#), [Fitness](#)



In general, people don't get enough exercise; 60% of them are not regularly active and 25% of them spend the majority of their time sitting. A walking workout provides many health benefits for people Of all ages. I will briefly explain about the benefits Of walking, the FIT Formula, the components of a walking workout. To begin with, there are several benefits that come along with walking on a regular basis. Firstly, if you walk at a brisk enough pace and maintain a high enough heart rate you will gain cardiovascular fitness. Besides, walking tones the leg cycles and strengthens tendons, ligaments, and cartilage of the joints.

It strengthens the heart and bones, and may slow down osteoporosis. Moreover, walking can improve ones self image and decrease depression and anxiety and it also helps control appetite and burn fat. Last but not least, regular exercise for people over the age of 55 can give a more positive mental outlook and increase the chance of remaining indefinitely independent. Before you start walking toward any of these benefits there are a few things you should remember.

According to the walk for wellness you should first determine how often how fast and how long you should walk by simply using the FIT formula. F is for frequency. You should walk 3-6 time per week and let your body recover for at least 1 day. I is for intensity. The general rule is to walk at a pace fast enough where your heart rate is within a range of 0-60% of your maximum heart rate.

T is for time. To maintain fitness, 20-30 minutes a day is sufficient. Along with the AT formula you need to remember the 3 components of a walking workout.