

## Morning Walk

Professor William Fitzgibbon of Physiological Department of Norway University published a paper under the heading of condensed family health stating that striding the most natural exercise of all. Our ancestors were firm believers in value of walking. Yet they didn't know the precise physical effects of walking modern medicine does and today doctors make assertions about the benefits of basic walking that have a sound basis in medical fact. Noted heart specialist Paul Dudley White said, 'It is the easiest exercise for most individuals, one that can be done without equipment except good shoes, in most terrains and weather and into very old age'.

It is not merely walking that they are talking about - it is brisk walking, which brings the human stride into play. Each of us has his own stride - and hitting it, for one long distance or several short distances in the course of a day, bring to us the boons of this time saving, untiring, pleasurable motion that is so natural to the human species.

No other creature plants down a heel, rolls on a side to a spring big toe in a movement in which both are on the ground together only 25 percent of the time, keeps articulating, muscles flexing easily, pelvic saddle, swiveling in marvel of simple engineering. Now a days, for good reason man has applied the term 'hit your stride' to describe times when he has been in override and operating smoothly, doing more work with less effort and fewer mistakes.

'I have two doctors' goes the old say. 'my left leg and my right.' Dr. White backed this up, saying. 'A vigorous five-mile will do more good for an unhappy but otherwise healthy adult that all the medicine and psychology in the world' Here's why striding improves the blood circulation. All of the benefits from daily striding are closely keyed to the increased oxygen intake, greater heart exercise and better blood circulation that this manual exercise provides. The human muscular system acts as auxiliary blood pump, returning blood to the heart. Since the leg muscles are the largest and most powerful muscles in the body, their work is enormously important. But if they are not being used with any vigor, then they are not squeezing the blood back toward the heart with any force.

Brisk walking is also important as it affects the human capillary system. There are 60,000 miles of blood vessels in the body, mostly capillaries - those minute vessels responsible for irrigating the flesh. Only a few capillaries will open when a muscle is at rest, perhaps 50 times as many will open when the muscle is being exercised. In 1965, physiologist K. Large Anerson of the University of Bergen, Norway, reported that a sturdy daily activity such as striding will not only awaken dormant capillaries but apparently increase the number of these vessels that nourish the muscles.

Striding clears the mind and improves the disposition. Fifth-century Greek believed that walking made their minds lucid and helped them crack problems of logic and philosophy. It is talkdore knowledge that knowledge also helps dispel a temper, and when we go off down the block to 'cool off' we strode- Dr. White emphasized striding's tranquilizing effects. 'A brisk long walk in the evening', he said 'may be more helpful as a hypnotic than any medicine, highball of TV show'

Striding cuts fatigue. Once striding has been entrenched as a daily habit, you get bonuces from being shape, Few constant brisk walkers need laxatives. Lower back muscles, which benefit from striding, are likely to resist ache, even in Old age and to permit angler bending movement. Above at the in-shape body is not easily fatigued. Even when pushed hard, it is able to call on special reserves and keep from being overwhelmed by weariness.

A prime point in favour of brisk walking is that you don't have to schedule it you can just incorporate it in your daily life-style. If you have a few blocks to go on an errand, walk them briskly. The short distance between transportation point and office - the same hit your stride down corridors, don't amble. Since a short walk is worth two miles of ambling, you can easily get in minimal amount of good exercise everyday. And, as striding becomes a habit, you will soon get more exercise, willingly.

You will become aware that your mind is clearer, that your eyes are brighter and that you are adding to your body's resources. Not bad benefits and they are all within walking distance.

So far, the scientists have discovered that morning walk is the easiest exercise to deliver the maximum benefit. Metabolically walking helps in controlling weight, blood sugar and cholesterol levels. The common benefits available are as follows :

- 1) Reduces cholesterol
- 2) Improves heart rate
- 3) Enables better blood circulation
- 4) Acts as a tranquilizer

It has also been established that brisk walk can burn upto 100 cal/mile or 300 cal/hr. In other words, it is the perfect complement to a sensible diet to lose weight and keep it off. The heart also works faster to transport oxygen rich blood from lungs to its muscles reducing pressure and resting heart rate. Better circulation is also affected to the arms and legs and it increases the size and improves the efficiency of the tiny muscles that require blood for cellular respiration. Psychologically too, walking generates an overall feeling of well being and brings relief from depression, anxiety and stress by producing endorphins, the body's natural tranquilizer.

The research group consisting of eminent scientist of the department of Calcutta University carried out necessary experiments by selecting two groups of healthy and non-smoking persons between 25-35 and 33-34 age group while presenting the results of their studies in the third congress of the federation of Indian physiological societies held in Calcutta they revealed that the assigned exercises of various intensities are as follows :-

The first group worked out to an extent, which increased their heart rate by about 50-60 percent. In the second group the peak increase in the heart rate was 50-70 percent. These two groups also performed exercises for 15, 30 and 45 days at the rate of three days per week. Then the lipid profiles of the persons before and after the exercise were carefully analyzed. The analysis revealed a really new insight into the change in the lipid profiles. The beneficial change occurred when the intensity of exercise was medium or 60 percent of the peak heart rate that is after having an exercise of 30 minutes a day. Curiously the low and medium intensity of exercise for a short duration, a good amount of reduction in small atherogenic lipids like low-density lipoprotein was observed. At the same time, the level of blood cholesterol also increased in the blood. In almost all the persons anti-atherogenic lipids were increased following the exercised. Fat reduction was also noticed considerably.

Further experiments also revealed that working in gymnasiums and clubs are not only procedure but specified walking condition can produce these benefits. Further regular workouts may not be possible for everyone because of the constraints of time, nature of occupation, economic status and so on. Further experiments revealed that walking 13km/week is enough to burn all fats.

Summing up of the above facts it is now established that a human body can be divided in three major parts i.e.

- 1) The brain - from which the blood vessels of about 60,000 miles originates extending to other parts.
- 2) The heart (life line) - which maintains the life line.
- 3) Leg muscles - which produces requisite vibration to enable the blood flow to the heart by capillary action.

Considering the details the following actions of the walkers is a must :

- a) Proper size boots should be used to enable the walker to maintain constant heel pressure.
- b) A walker while performing walk should do it without any conversation which anybody because the blood vessels of the heart might be distributed causing hindrance to the blood flow in the system.

Scientists believe that walkers should be served with the following warnings :

'Dear walker if you want to achieve benefits the above two methods are must for you. Accept it and get benefits, because there is no compromising formula.

