



Walk the Walk

The Medical Benefits of Walking Daily

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Walking Daily is a very important part of Health improvement regime

Moving the body is very crucial

Our body is indeed a Biological marvel

A 30 minute walk per day is very good and benefits many systems

The Lipoprotein Lipase that is produced in the legs helps to clear the fat

Heart rate increases and the blood circulation increases,

There is dilation of the blood vessels

Glucose enters the muscle cells

The hormone Cortisol is decreased.

Anxiety is decreased

Testosterone levels increase

Cortisol levels decrease

Mind gets alert

Virility is enhanced

In the Brain there is neuroplasticity

BDNF (Brain Derived Neurotrophic Factor) helps brain cells to grow

BDNF increases during the walk and activates neuroplasticity of the neurons of the

Hippocampus . The Hippocampus controls memory ,learning and emotions

In ageing the changes are observed in the Hippocampus

BDNF gives the mind rest

Heart and Cardiovascular system

Blood flow increases

There is increased NO (Nitric Oxide)

This strengthens the heart without straining it

For the joints walk is good

The articular cartilage is avascular

So the Synovial fluid clears the waste

Like a sponge

Vision is improved

Blood flow to the amygdala

Immunity is increased

Calf muscles contract

Lymphatic flow is improved

So the immune cells are mobilised

The person becomes happy, alert

The People from the Blue Zones move throughout the day

Blue Zones are regions in specific locations in Japan, Costa Rica, Greece, Italy, USA,

Where people have a Longevity in 90s and 100s

Happiness

Motivation

Discipline

Are the keys

The walking 365 days keeps the Telomeres length long

Telomeres are the caps of the chromosomes which shorten in ageing

It is recommended

Daily Walking for 30 minutes

Moderate to brisk

To cover 5 to 6 kms

Timing is important

Consistency is also important

The different types of Walks

Are

1 casual / stroll / amble

2 brisk

3 Power walk / vigorous

4 Hill walk
Up the hill

5 Race

6 Walking in the water
Walking on the seashore

7 Walking backwards
Balance can be judged

8 Group Walking
Groups of people
Exchange plenty of information and news

9 Husband and wife Walking

All in all Walking is extremely beneficial in open spaces, gardens, walkways and tracks .

(Dr. R.G. Wiseman Pinto is a Professor of Pathology, former Head of Department at Goa Medical College, former Dean of Goa University, and the current President of the Asian Society of Cytopathology.)