

Get this: it takes the average person **1,250 to 1,550** steps to walk a km.

What's your step count?

You can **burn between 90 and 200** calories walking briskly for 30 minutes.

Let's get that heart rate pumping.

But maybe some days you might just want to take it slow, and that's fine too.

As long as you get out there and have a better pace than **the banana slug, which averages 0.3km/hour.**

Walking can **reduce your risk of coronary heart disease by 19%**, if you walk 30 minutes a day, 5 days a week.

You really can walk into good health.

Also, with **5,000,000** Canadians currently suffering from osteoarthritis, and that number only growing, walking is a great way to get moving, ease joint pain, and increase mobility.

But walking is not just good for your physical health, it's also good for your mental health.

It's been shown to help reduce anxiety, depression, and negative moods. Talk about walking on sunshine.

Thinking of going for a little longer walk the next time you head out? It's **40,076 km** to circumnavigate the Earth.

Okay, maybe just around the block one more time – you don't want to overdo it.

It's a good idea to have a water bottle with you on your walk, so you stay hydrated.

Remember, **it's recommended that you drink 8 cups (1.9 litres) of water a day.**

Walking can also boost immune function the more you do it.

Those who walked at least 20 minutes, 5 days a week, had **43% fewer sick days!** Think of all the money you'll save on Kleenex.

Walking with a dog or some friends is a great way to make your walk more social.

Or, if you need a little distraction, maybe listen to a podcast or some music.

Here are **5 great walking songs** for your next outing:

1. "Walk on the Wild Side" by Lou Reed
2. "Walk This Way" by Run-D.M.C. ft. Aerosmith
3. "I'm Gonna Be (500 Miles)" by The Proclaimers
4. "Walking On Sunshine" by Katrina and the Waves
5. "Walking on Broken Glass" by Annie Lennox*

So, what are you waiting for?

Lace up your sneakers and head out the door for a walk.

Improving your health and overall wellbeing starts with a single step.

* Never actually walk on broken glass; no matter what Annie says.

