

[IMAGE]

Walk Faster, Live Longer

By Editorial Staff

Sounds like a simple premise, although not nearly enough people seem to be believers these days. Yes, walking faster can increase your life expectancy – a great reason to step things up the next time you step out your door.

Here's the connection, based on new research: Among a large study population (nearly 500,000 participants, average age 58 years at baseline), people with a habitually fast walking pace lived longer than people with a habitually slower walking pace, pure and simple. Even more interesting, body weight or obesity status didn't play a role; walk faster, live longer. In fact, according to the study, published in *Mayo Clinic Proceedings*, people who were *underweight* and generally walked slow had the *lowest* life expectancy.

These findings don't negate the benefits of maintaining a healthy weight, of course, but they do underscore the value of physical activity / physical fitness when it comes to longevity. And all it takes is stepping up the pace when walking? Count us in; what about you?

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