



# Walking - A Healthy Way for Happy Life

*Silent Night D. Jim Reeves, Karthikeyan Jaganathan*

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Today's people are leading a very unhealthy lifestyle. Inadequate sleep, eating disorder, lack of proper regular exercise, increased rate of obesity and other health diseases, shooting stress levels are some of the facts that define the contemporary world's lifestyle. It can be said that in the present era, human beings have got so engrossed in earning money, that they have virtually stopped paying attention to their physical and mental fitness. People don't realise the fact that money cannot buy them happiness. Physical activity (PA) is associated with decreased risk of multiple serious health problems including cardiovascular disease, Type II diabetes. Walking is a mode of Lifestyle Physical Activity (LPA) and provides a viable alternative for meeting the current recommendations for PA. Walking can be planned or unplanned, accumulated and / or continuous, and therefore easily integrated into everyday life. Sedentary lifestyles are attributed to middle age persons. Be it the demands of a family or a job, middle aged people are not as active as their younger counterparts. Middle age is also a time to find renewed meaning in one's life. It might be a time to reevaluate personal goals

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