

Walking is good but how and how much to lose weight effectively?

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1. Stop exercising for a long time, what will your body do?
2. Why should you walk, not run, to lose weight and improve your health?

As a result of many studies, walking, especially brisk walking has many health benefits such as weight loss, maintaining physique, reducing the risk of death to 50% .



The main factor that affects our calorie burning when walking is the length of distance, speed and body weight. This means that you need to calculate the appropriate travel distance for your body weight. As follows:

$$100 \text{ kcal} = 2000 \text{ steps} = 1.6 \text{ km}$$

$$1 \text{ kg} = 7,000 \text{ kcal} = 112 \text{ km}$$

Accordingly, to reduce 1kg, we need to travel a distance of 112km. Don't panic with that number, we can accumulate this distance to reduce it in 2 weeks rather than doing it right away, that's unbelievable.

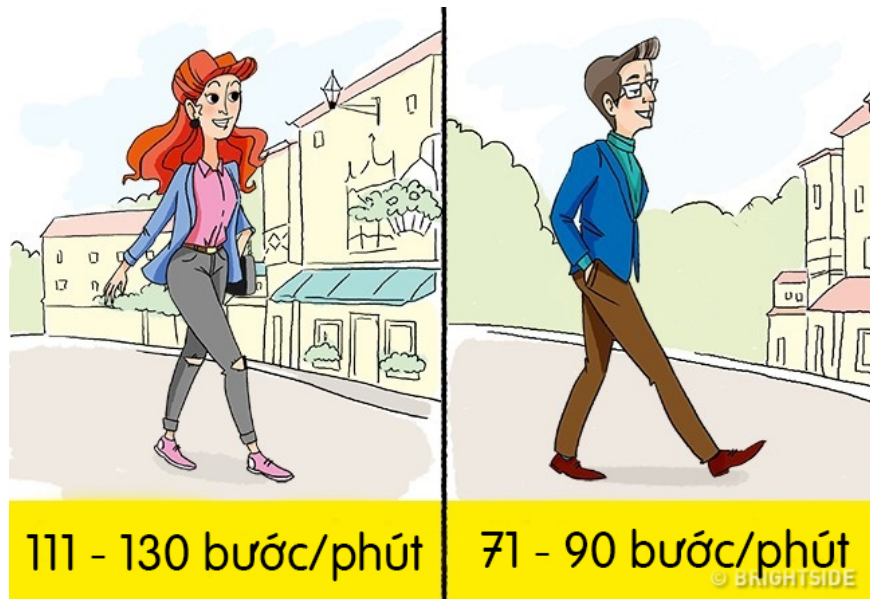
To make it easier, set a target of $0.45 \text{ kg} / \text{week} = 3500 \text{ kcal} / \text{week} = 500 \text{ calories} / \text{day}$.

With this goal, every day you will need to go about 10,000 steps = about 3.2 km and this is entirely feasible.

How many effective steps to walk for 1 minute?

Even if you have enough distance, if you walk in the wrong way, the posture of losing weight will be difficult.

Most people make mistakes when they first start walking quite quickly and evenly but after a while the step will become more sluggish, take a short step, slow down. For the best performance, you need to divide your energy evenly for the entire distance so that at any time the step is steady and steady.



Walking speed is suitable for each person as follows:

1. Normal people: Speed ??91 - 110 steps / minute, go 4 - 5km / h.
2. People who want to lose weight: Speed ??111 - 130 steps / minute.
3. People with cardiovascular disease: Speed ??71 - 90 steps / minute, go 3 - 4km / h.
4. New person recovering from a heart attack, angina: Speed ??less than 70 steps / minute.

How to walk properly



1. In the first few minutes, go slowly, gently and then increase time and speed.
2. After that, you will take longer steps, and increase the speed, but you need to keep the power to keep the whole process going.
3. When walking, the most correct posture is the right chest - shoulder, not leaning forward or leaning backwards.
4. If you don't have time, you may not walk every day but only go 2-3 times a week.
5. The best time to walk is after eating 1-1.5 hours.

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