

ODESSA
COLLEGE

Week 4

9/22 – 9/28

e-newsletter



www.WranglerSports.com/30For30

The Top Health Benefits of Walking

BY [ADAM SINICKI](#) | [EXERCISING](#) | UNRATED

Sometimes the best ways to improve your health and fitness are not the most intense or the most tiring workouts. Often in fact, these intensive forms of training can go overboard and end up causing damage if you're someone with health problems or facing advanced years. Then there's the fact that intensive exercise requires a lot of time and energy which we don't always have available to us. Sometimes 'little and often' is better and certainly less taxing.

Walking. This is perhaps the most basic form of exercise available. It's something that mostly everyone can do, that's low impact and that's entirely pleasant. And as it happens it has immense health benefits once you start making a proper habit of it.

Introducing Walking to Your Routine

All of us walk from time to time already. Chances are you will walk at least some of the way on your journey to work (even if it's just to the tube station) and you're also likely to walk on occasion when you visit the shops or when you're looking for a way to pass the time for an afternoon.

But to get the full health benefits of walking you need to do it regularly and with purpose. Even if you only walk or fifteen minutes a day you'll see marked improvements in your overall health but the more you can get the more pronounced the benefits will be. The good news is that there are plenty of ways you can easily introduce this kind of walking into your routine too – park a little way away from the shops, get off one stop early when you ride the bus home from work, or just wake up fifteen minutes earlier and have a morning stroll while it's nice and quiet. These are simple changes that will bring you great health benefits.



Spotlight Fitness App: Fitness Buddy FREE

Over 400 exercises with detailed descriptions, animations and an assortment of workouts.
Available on Apple and Android
Free with in app purchase options

(Continued on Page 2)

And what benefits they are... Here are just a few to hopefully pique your interest in walking...

Health Benefits of Walking

Fitness: Walking might not be anywhere near as intensive as jogging but it can still have a very good impact on your health if you walk far enough, often enough and fast enough. Studies show that regularly walking can help to lower your chances of heart disease or stroke, can decrease bad (LDL) cholesterol and boost the good cholesterol. It can also help you to lose weight and to improve your overall fitness by burning energy and increasing your heart rate.

Unlike some other forms of cardiovascular exercise however, walking does not place too much strain on your body. It's unlikely to trigger any kind of attack, it doesn't jar your knees or lead to shin splints and it's unlikely to lead to injury.

Creativity: Walking has been demonstrated to help encourage creative thinking and to promote the generation of good ideas. This has been shown in a number of studies and in one it was shown that even being pushed in a wheelchair through a scenic park would be less beneficial for your creative juices than walking on a treadmill in front of a blank wall. In other words, these experiments demonstrate that it really is the actual act of walking that boosts this creativity and not the scenery (though other studies have shown that nice scenery can do that too!).

Walking has other cognitive benefits too and some studies have shown that it can help to prevent dementia. This is true of any physical activity and it turns out that regular walking (six miles a week plus) is sufficient to tap into those benefits.

Mood: Walking is great for your mood resulting in the release of mood boosting hormones and neurotransmitters such as serotonin and dopamine similar to running.

(Continued on Page 3)

This Week's Events

Healthy Cooking Class

Let Chef Paul Porras from OC Culinary Arts lead you in this hands on, FREE class as you create your very own Mexican food dinner! Best part... You get to take your food home with you! Limited Class Size. Tuesday, September 27th, 6PM-9PM, OC Culinary Arts Main Kitchen Lab. To Register, Call 432-335-6348.

Warrior Wednesdays

Join the 30 for 30 team EVERY Wednesday in September from 12:15PM – 12:45PM in Spur 227 for a Vinyasa yoga class.

Latin Dance Thursdays

Get moving to some new Latin dance moves EVERY Thursday at 12PM from Sept. 22nd to Oct. 13th as we celebrate Hispanic Heritage Month at Odessa College! Held at the Commons Amphitheater located behind the Saulsbury Campus Center at Odessa College.

Biometric Fridays

Get your FREE biometric profile EVERY Friday in September from 7:30AM-9AM in the Private Dining Room, Saulsbury Campus Center, Odessa College.

Healthy Eating Options

EVERYDAY in the Odessa College Cafeteria courtesy of Great Western Dining! Thank you, GWD!

30 For 30 Finale Event

Join us at 2PM on Monday, October 3rd in the Saulsbury Campus Center as we draw to find out who our challenge winners will be!



Penne Puttanesca

Ingredients

12 ounces Penne
2 t Extra Virgin Olive Oil
6 cloves, Garlic, minced
2 T Tomato Paste
5 C Roma or Plum Tomatoes, chopped
1/3 C Fresh Parsley, chopped
1/2 C Kalamata Olives, halved
1/4 C Capers, rinsed
Pinch of Crushed Red Peppers Flakes
1 T Anchovies, chopped (optional)
Grated Parmesan, for serving

Directions

In a large pot of salted boiling water, cook penne according to package directions until al dente.

In a large skillet over low heat, heat oil. Add garlic and cook, stirring until coated, then add tomatoes and simmer until saucy, 10 to 12 minutes.

Add parsley, olives, capers, crushed red pepper flakes, and anchovies (if using) and stir until combined. Let simmer 5 minutes.

Toss in penne and stir until completely coated. Serve with grated parmesan.

Makes 4 Servings [From Delish.com](#)



At the same time you will also find your mood improves from being outdoors, particularly thanks to the sun. This is a good way to combat 'SAD' or 'Seasonal Affective Disorder' as the nights start getting longer.

Bone Health: Just as the sun can do wonders for your mood, so too can it help to strengthen your bones. That's because sunlight stimulates our body to produce more vitamin D which in turn regulates the absorption of calcium and phosphorous.

Further to this, walking also helps to prevent osteoporosis because it is a 'weight bearing activity'. In other words, it places pressure on our bones which stimulates them to

increase their density. This is particularly important as you get older and your bones are liable to becoming more brittle.

Toning: Just as walking is sufficient to provide a basic cardio workout, it's also enough to give you some basic muscle toning benefits. The areas that stand to benefit most are the legs, bum and tum (women rejoice!) and especially if you decide to take a hike uphill.

On top of these areas though, walking is also useful for toning your arms and shoulders as these move too during your strolls. Take a look at the shoulders of Usain Bolt and you'll see just what the piston motion of the arms can do for you – though you'll see a much smaller change from lightly walking compared with Usain Bolt!

So there you have it, there are plenty of great reasons to go for a regular stroll and when you weigh the small amount of effort against the huge number of rewards it's hard for anyone to make a case against walking. What's your excuse?

Adam Sinicki is a full time writer who spends most of his time in the coffee shops of London. Adam has a BSc in psychology and is an amateur bodybuilder with a couple of competition wins to his name. His other interests are self improvement, general health, transhumanism and brain training. As well as writing for websites and magazines, he also runs his own sites and has published several books and apps on these topics. He lives in London, England with his girlfriend and in his spare time enjoys climbing, travelling, playing games, Reading comics and eating sandwiches. [Circle Adam on Google+!](#)

[View all articles by Adam Sinicki](#)

Article Source: <http://www.healthguidance.org>

