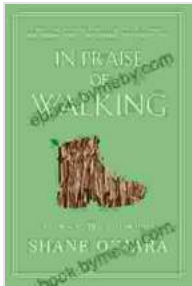


# In Praise of Walking: The Scientific Exploration of the Walking Revolution



## In Praise of Walking: A New Scientific Exploration

by Shane O'Mara

★★★★☆ 4.2 out of 5

Language : English  
File size : 1109 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 220 pages



In Praise of Walking is a new book by Shane O'Mara that explores the scientific benefits of walking. The book draws on the latest research to show how walking can improve our physical and mental health, and even help us live longer. O'Mara argues that walking is a simple, yet powerful, activity that can have a profound impact on our lives.

O'Mara begins by discussing the history of walking. He shows how walking has been an important part of human life for thousands of years, and how it has played a role in everything from hunting and gathering to exploration and warfare. O'Mara also discusses the different ways that people walk, and how these different styles can affect our health.

In the second part of the book, O'Mara explores the scientific evidence for the benefits of walking. He shows how walking can improve our cardiovascular health, reduce our risk of obesity and diabetes, and strengthen our bones and muscles. O'Mara also discusses the mental health benefits of walking, such as reducing stress, improving mood, and boosting creativity.

In the third part of the book, O'Mara discusses the practical aspects of walking. He provides tips on how to get started with a walking program, and how to make walking a regular part of your life. O'Mara also discusses the different types of walking environments, and how to choose the best one for your needs.

*In Praise of Walking* is a well-written and informative book that makes a strong case for the benefits of walking. O'Mara's enthusiasm for walking is contagious, and he provides readers with the motivation and the tools they need to make walking a regular part of their lives.

## **Benefits of Walking**

- Improved cardiovascular health
- Reduced risk of obesity and diabetes
- Strengthened bones and muscles
- Reduced stress
- Improved mood
- Boosted creativity

## **How to Get Started with Walking**

1. Start slowly and gradually increase the distance you walk each day.
2. Find a walking partner to make it more enjoyable.
3. Listen to music or podcasts while you walk to stay motivated.
4. Walk in a safe and well-lit area.
5. Wear comfortable shoes and clothing.

## Different Types of Walking Environments

- Parks
- Trails
- Sidewalks
- Treadmills
- Indoor tracks



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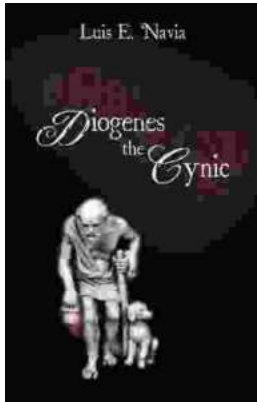
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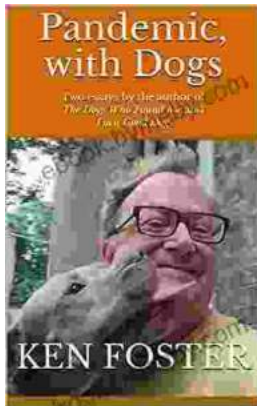
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