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Research on Walking's Benefits as a Lifestyle Choice

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ABSTRACT

Walking has a beneficial effect on lowering the prevalence of communicable diseases. Walking and cycling reduce the amount of carbon dioxide gas released into the atmosphere. Both people and businesses use strategies to get more people moving. According to C3 Collaborating for Health Director Christine Honscock's report, studies also show that there is a decline in cycling among school pupils, from 48% to 13%. The number of cars on Indian roads has increased dramatically since 1997, when there were only 62.7 million. Today, there are 100 million registered vehicles, and that number is expected to rise by another 8 to 12 percent per year. In the United Kingdom, encouraging students to walk to school once a week with the promise of a variety of badges helped the program gain traction, and we expect the same to happen in India. Walking over an uneven green surface with the aid of sticks, as was proven in Oxfordshire, improves both physical and mental health. The Heart Foundation also reports that among Australians over the age of 65, over 43% are enrolled.

Key Words: Communicable Diseases, Nordic Walking, Cardio Vascular Diseases and Life Expectancy.

INTRODUCTION

According to diabetologist Dr. V. Mohan, low levels of health education make Indians particularly vulnerable to cardiovascular disease and diabetes. According to a research by the Indian Council of Medical Research, at least three-fourths of the Indian population has abnormal levels of cholesterol or triglycerides, a condition termed dyslipidemia that increases risks of cardiovascular illnesses. He had also said that the incidence of heart disease in India has risen dramatically over the previous two years. Government data show that cardiovascular illnesses account for one-fourth of all fatalities among those aged 25-69. Heart disease strikes Indians at a considerably earlier age than it does those in the West, according to studies.

Around 5.3 million people every year lose their lives as a direct result of physical inactivity. In 2008, just 31% of English women met the standards for physical exercise, while 42% of English men did not. Walking at a pace of 3.5 miles (5 km) per hour is enough to prevent long-term weight gain while burning 114 calories each mile. In addition, the research shows that walking 20 km per week and walking 2.5 km per week at a fast pace might result in a 19-30% weight loss.



The Life expectancy of 4 lacs people with 15 minutes of moderate exercise a day benefitted significant health by 3 years.



The Type 2 diabetes have reduced significantly and one death per 61 people who walk atleast two hours per week.

OBJECTIVES OF THE PAPER

Due to the prevalence of fast-paced digital games for children and a dearth of open space for walking and playing, this study aims to raise awareness of the positive effects of walking among children and women in India. Women in urban areas often report feeling too exhausted to go for a walk after a long day at work, whereas rural women sometimes report being too embarrassed or lonely to go for a stroll alone.

BENEFITS OF WALKING

1. Positive Impact on reduction in Non-Communicable Diseases due to walking.
2. Walking & Cycling reduces over Carbon emission forms of transportation.
3. Individuals / organizations incorporating interventions to promote walking as a form of physical activity.
4. Rising Trend in obesity rates and corresponding decline in rates of physical activity.
5. Lack of time, Lack of fitness and Lack of Skill which will have impact on health.

HEALTH IMPACT OF WALKING

- a. CVD (Cardio Vascular Diseases) reduction in risk of blood pressure, improve blood cholesterol and body mass index.
- b. One hour walking per week reduces Lower Coronary Heart Disease. Similarly a half an hour walk a day for 5 days a week reduces 19% of Coronary heart diseases.
- c. Physical activity reduces breast cancers for Women if 30-60 minutes' walk for five days a week.
- d. Increase aerobic capacity will reduce the risk of chronic lung disease by 50%, lower arthritis and back pain.
- e. Increases energy levels, sleep quality, wellbeing for individuals with Type 2 Diabetes, reduce cognitive decline among older people, anxiety and reduce mental stress. (94% of the people felt improvement in their mental health).
- f. Reduction in triglycerides.

WALKING IN GREEN SPACE



1. Encourages physical activity.
2. Reduces NCD risk factors like obesity, Blood pressure, Cholestrol etc.
3. Better Physical health.
4. Better Mental Health viz., Less stress, Increased Cognitive function etc.,
5. Allows nature and us engage each other.

WHY PEOPLE DON'T TEND TO WALK IN INDIA

- a. Lack of safe and attractive green places to walk.
- b. Adverse weather conditions
- c. Narrow pavements and increased people in foot paths.
- d. Lack of time.
- e. Few places to sit after walk.
- f. Air Pollution / Traffic fumes

PERSONAL BARRIERS TO WALKING WOMEN IN INDIA

- i. Too tired of daily routines and households
- ii. Lack of time
- iii. Lack of family support
- iv. Unsafe – Fear of accident / Crime
- v. No Companion / Boring
- vi. Exercise felt inappropriate by many women / girls.

Between 1989 and 1997, 14% of Chinese households had a car in their garage. The average Chinese person is 1.8 kg heavier than a non-motorized vehicle. From 62,7 million in 1971 to 100 million in 2007, the number of registered vehicles in India increased by an annual pace of 8 to 12 percent. Space for pedestrians has been drastically reduced, and they have nowhere to go. In 2005, a nonprofit organization in Living Streets, United Kingdom, launched Walk once a Week (WOW) to get 3,000,000 kids walking. We accomplished this by issuing walking badges as a kind of encouragement and dropping off the kids a mile from school.



EVALUATION OF WALK ONCE A WEEK (WOW)

1. School children walking rates increased to 96%.
2. Reduced traffic and parking congestion.
3. Pro-walking school identities by issuance of badge.
4. Improvement in Children's moods and attention spans.
5. Walking with one of the parents to School benefitted the families also.

HEART FOUNDATION WALKING (HFW) IN AUSTRALIA



In March 2011 more than 14000 Australians from 249 regions participating in HFW group. The HFW was successful attracting diverse population groups as under :

- Senior Citizens (43% take part over 65 years of age)
- 36% of people are overweight and 23% are obese.
- 36% have household income below 25000 Aus \$.
- 5% of people with English as Second language
- 3% Aboriginals.

HFW demonstrated 80% retention after 2 years and 70% after 3 years.

NORDIC WALKING



Nordic walking is similar to ice skating while using the same supporting sticks. However, the ground and grass are both green while walking in this manner. The health advantages of Nordic walking in Oxfordshire have been shown to be as follows.

Positive effects on mental health, including increased self-assurance and pleasure from exercise and outdoor engagement.

Depressive Symptoms Minimized 2.

Age-related reductions in blood pressure and resting heart rate in females.

Increased confidence 4. Better alignment of the spine 5.

5. Helps those with chronic diseases, such Parkinson's disease, to move about more freely.

Sixthly, decreases in the size of one's waist, upper arms, and hips.

Increased vitality and better nightly rest.

More than 90% of the muscles used in Nordic walking are skeletal muscles, and the activity burns 20% more energy than conventional walking. The stress on the lower body's joints is also reduced. In New Zealand, students and their parents had a 1.5-kilometer (30-minute) walk to and from the school bus. Even though there are 300 school buses and 1800 volunteers helping them out, 5,000 kids still have to walk to school every day.



- Reducing Pollution
- Health Benefits
- Cost reduction
- Better cognitive performance.

CONCLUSION

In his Independence Day address in 2014, India's prime minister again emphasized the need of keeping the country clean and sanitary. The public and the government both need to work together to create a place where people feel secure strolling and working out.

WALK FOR HEALTH – This is the ultimate slogan for every adult.

SUGGESTIONS

1. All Indians irrespective of the age and the gender need to walk at least 30 minutes a day or a work out exercise as Indians are prone for diabetic, obesity and blood pressure.
2. The Sports should be made as mandatory in schools and many corporates provide gym for their staff.
3. Schools to implement walking for parents who drop children to schools
4. Rural Women should not feel shy of walking and not wait for companion.
5. Urban Women to manage time for their walking and physical exercise.



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