



# Moseying to Better Health: A Simple Walking Program for Seniors

*Shawn Rashid*

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Fitness is important to everyone, but it is especially crucial to senior citizens who wish to improve or maintain their standard of living. As people age, it becomes more difficult to get to the gym and do some of the more strenuous exercises. Walking is an ideal way for seniors to stay fit without increasing their risk of injury. The most important thing in starting a new fitness walking regimen is to be consistent in your efforts. Even if you are not able to walk for a long distance on a given day, it is crucial that you still get out there and do something.

Regular walking is crucial and most noticeable factor benefiting seniors in their overall health condition. Many research findings have brought before us amazing revelations which highlight the benefits of regular walking which is considered best in lowering the risk of death from cancer or any cardiovascular diseases. In the nutshell, regular walking is ready to lend a hand in maintaining prolonged life. It requires no special equipment, aside from a pair of comfortable walking shoes, and can be done anywhere.

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