

輕鬆走 走出健康與活力

健走是最簡單、最容易融入日常的運動方式，尤其適合忙碌且久坐的上班族。它不需複雜裝備，只要方法對了，就能有效改善身心健康。但在拿起鞋子出門前，請先做好準備，讓走路這件事更安全、有效率！

健走的好處

規律的健走對健康有極大助益，包括：**心血管與代謝功能提升、強化骨骼與肌肉、提升睡眠品質、改善情緒與舒緩壓力、體重管理等。**

健走姿勢

手臂自然擺動帶動步伐

走路時收緊臀部

著地時膝蓋微彎，腳跟先著地



直視前方，下巴微縮

頸部與肩膀放鬆

身體挺直不駝背，挺胸收小腹

腳尖朝前，避免外八或內八

健走注意

雖然健走是最簡單、最安全的運動之一，但對某些身體狀況的人來說，還是有潛在風險。如果你有下列情況，建議先諮詢醫師：



患有心臟病、氣喘等慢性病、走路時容易胸悶、頭暈、關節腫痛、發熱、僵硬

健走四原則



從輕鬆步伐與短時間開始，再慢慢拉長距離與加快速度。



運動時若出現胸悶、喘不過氣、頭暈、噁心等狀況，應立刻停止並就醫。



選擇有避震、支撐性佳的運動鞋或慢跑鞋。



選擇平坦、安全、光線充足又空氣好的步道最理想。



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Brisk Walking Benefits

Brisk walking is one of the simplest and easiest forms of exercise for busy, sedentary office workers. It requires no complicated equipment. With the right method, it can effectively improve your physical and mental well-being. Prepare beforehand to make walking safer and more efficient!

Benefits of Brisk Walking

Regular brisk walking offers significant health benefits, including:

Improved cardiovascular and metabolic function, Strengthened bones and muscles, Enhanced sleep quality, Improved mood and stress relief, Weight management.

Brisk Walking Posture

1. Let your arms swing naturally to drive your pace.
2. Look straight ahead, chin slightly tucked.
3. Keep your neck and shoulders relaxed.
4. Keep your body straight, don't hunch, and tuck your abdomen in.
5. Tighten your glutes while walking.
6. Knees should be slightly bent upon landing, with the heel touching the ground first.
7. Point your toes forward; avoid walking with toes pointing excessively in or out.



Brisk Walking Precautions

Although brisk walking is one of the simplest and safest exercises , there are potential risks for people with certain health conditions. If you have the following conditions, it is advised to consult a doctor first:

! Chronic conditions (like heart disease or asthma), or if you easily experience chest tightness, dizziness, joint swelling/heat, or stiffness when walking.

4 Tips



Start with a relaxed pace for short durations, then gradually increase distance and speed.



If you experience abnormal symptoms while exercising (such as chest tightness, or nausea...), stop immediately and seek medical attention.



Choose athletic shoes or running shoes that offer good cushioning and support.



Choosing a flat, safe, well-lit, and well-ventilated path is ideal.

