

## **Stepping into OE Season**

Consistent daily activity nourishes nearly every system in your body. A study published in the journal *Comprehensive Physiology* found that 35 different chronic health conditions are accelerated by physical inactivity. They range from heart disease and stroke to depression and constipation. (learn more <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4241367/>)

### **Here are a few benefits that could kick in when you take more steps daily:**

#### **1. Strengthen your heart.**

Someone who gets 10,000 steps a day will have a larger stroke volume (the amount of blood your heart pumps per beat) compared with someone who gets 1,000 steps a day. A larger stroke volume is a sign of greater aerobic capacity and aerobic capacity is a good indicator of mortality and disease risk.

#### **2. Store less body fat.**

Calories eaten by someone who gets 10,000 steps a day do not travel the same path when they're consumed by an inactive person. Studies show if you're an active person, food is used by the body to fuel key systems compared with an inactive person. If you are inactive, calories are more likely to be stored as fat, in the muscle or liver.

#### **3. Help stabilize your blood sugar.**

Let's say you're out to dinner with friends: one gets 10,000 steps a day and the other gets 1,000. With a simple glucose monitor, you would be able to determine who is active or inactive.

The person who gets 10,000 steps a day will have a much lower glucose and insulin response in their blood after a meal. The inactive person will have a much bigger response. That surge of glucose and insulin after a meal is a predictor of who will develop diabetes down the road and a predictor of cardiovascular disease risk.

#### **4. Improve your brain's performance.**

The ability to learn new tasks, grow new brain cells, and minimize cognitive decline are all aided by daily moderate exercise. A study in the journal *Current Biology* showed that just one bout of exercise enhanced the brain's ability to reorganize, repair, and adapt to new situations. Aerobic exercise, such as walking, may also spur new cell growth in the hippocampus, the area of the brain that regulates emotion and memory, according to a study published in *The Journal of Physiology*.

Now you know taking more steps daily not only will make you feel better, keep you healthy but also give you more energy and a positive attitude!!

