

A STUDY ON WALKING – A HEALTHY WAY OF LIFE**Krishnekumaar***Ph.D Research Scholar “Sri Chandrasekarendra Saraswathi Viswa Maha Vidyalya” SCSVMV University, Enathur & Deputy Vice President in IndusInd Bank Ltd, Chennai, Tamilnadu.***Dr.K.S.Meenakshisundaram***Professor & Director, Centralized Academic Administration, Great Lakes Institute of Management, Chennai, Tamilnadu.***ABSTRACT**

Walking is creating a positive impact on reduction in Communicable Diseases. Carbon emission forms of transportation are an impact of walking and cycling. Individuals and Corporates incorporate interventions to promote physical activity. The studies also reveal that there is fall in cycling by school children from 48% to 13% as per the report of C3 Collaborating for Health conducted by Director Christine Honscock. In India , the vehicles registration grew from 62.7 million in 1997 to 100 million and increasing at the rate of 8-12% impacting the reduction in Pedestration space totally reduced and finding no place for walking and the vehicle population likely to touch 450 million in the year 2020. Walking Once a Week created momentum among school children by motivating with different badge in United Kingdom and such inducement will have impact among Indian children. The Nordic walking was demonstrated in Oxford shire created higher levels of physical and mental health while walking on uneven green surface with support of sticks. It is also found by Heart Foundation in Australia participation of Senior citizens above 65 year scoring over 43% enrolment.

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

INTRODUCTION

Dr.V Mohan, Diabetologist has highlighted the cardio vascular and diabetes is prone in India due to poor health awareness. Indian population of at least three –fourths have abnormal levels of cholesterol or triglycerides which condition is called dyslipidemia results in increased risks of cardiovascular diseases according to a study conducted by the Indian Council of Medical Research. He had also quoted that there has been an alarming increase in the heart diseases in India in the past two years. According to government statistics one-fourth of all deaths among people in the 25-69 years age group is due to cardiovascular diseases. Studies have shown that Indians are affected by heart diseases at a much younger age when compared to the people in the western countries.

The physical inactivity leads to death around 5.3 million deaths each year. In England 42% of men do not reach minimum level of physical activity and 31% of women reached recommendations in 2008. A distance of 3.5 miles (approx. 5 kms) per hour of walking avoids weight over long term and burns 114 calories per mile. The study further reveals that 20 kms per week of walking and 2.5 kms per week of brisk walking reduce weight of 19-30%.



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

The basic objective of this paper is to create Awareness among the children and the women folk in India impact of walking which is ignored due to rapid computerized games for children and lack of space for walking and playing. The Women folk in Urban feel lack of time after domestic work and employment and in Rural feeling shy of walking or lack of companion for walking.

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 Vasuclar Diseases) reduction in risk of blood pressure, improve blood cholesterol and body mass index.
- b. One hour walking per week reduces Lower Coronary Heart Diesase. 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.

Chinese People owned Motor vehicle between 1989 and 1997 are 14%. Chinese tend to get 1.8 kg greater weight than a non-motor vehicle among peers. In India, the vehicle registrations grew from 62.7 million in 1971 to 100 million in 2007 and increasing at the rate of 8-12% .Pedestrians space is totally reduced and find no place. In United Kingdom, Walk once a Week (WOW) was started by a charitable institution in Living Streets in 2005 and encouraged 3,00,000 children to walk. This was achieved by implementation of dropping the children one mile before the School made them walk by a motivation with the issuance of badge of walking.



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 like a walking with supportive sticks used for ice skating. But this kind of walking is on green grass and surface. Nordic Walking of Oxfordshire demonstrated health benefits as under ,

1. Mental health benefits of higher levels of confidence and enjoyment both of physical activity and of being outdoors.
2. Reduced Level of Depression.
3. Lower Blood Pressure and resting pulse rate for elderly women.
4. Improved posture.
5. Improves mobility for people suffering from Chronic conditions such as Parkinson's disease.
6. Reductions in waist, Upper arm and Hip circumference.
7. More energy and improved sleep patterns.

Nordic walking use 20% more energy than regular walking and uses more muscles of which 90% are skeletal muscles. It also reduces pressure on joints of lower body. In Newzealand, the walking from School Bus was 1.5 kms with 30 minutes' walk by children with parents. 300 nos of school bus with 1800 volunteers support, 5000 children walk every day which has resulted in the following :-



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

CONCLUSION

The Prime Minister of India also had insisted for a Clean and hygienic India on Independence Day Speech 2014. The Govt needs to provide proper environment with full co-operation of general public for a safety and healthy space for walking and work outs for a smooth environment.

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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