
Walk Away From Pain

Time and time again, studies have proven that ALL forms of exercise are beneficial for pain reduction, but is one activity above the rest?

Research supports that simply walking has significant effects on pain relief - for all areas of the body! To get the powerful pain-fighting benefits of walking, the minimum amount of time recommended is 150 minutes per week (or 30 minutes/day, 5x/week)

While walking is generally appropriate for everyone if you have any questions or concerns about whether walking is safe for you, chat with your physiotherapist!

Beginner's Walking Program

Try walking briskly, beginning with 10 minutes per day for the first three weeks.

Slowly increase the time you walk by 5 minutes per week until you are able to walk 30 minutes per day, six days per week.

Your body will love you for it.

