

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## 52 ways to enjoy walking

In her book, 52 ways to walk by Annabel Street<sup>1</sup>, she quotes a study<sup>2</sup> where just 12 minutes per day of brisk walking is enough to improve the body's biomarkers. She points out that inactivity can make changes in the blood vessels that make starting exercise difficult, so it's important to keep doing it.

We sometimes ask patients to walk to the letterbox, and they invariably go further. The book includes 52 different ways to walk, e.g. backwards, in moderate cold, in water, greeting others with a smile to lift mood, to enable variety in daily walking.

References:

1. 52 ways to walk by Annabel Street [View](#)
2. Metabolic Architecture of Acute Exercise Response in Middle-Aged Adults in the Community Circulation (2020) [View](#)

[Click here](#) to view more Gems





[We're back face-to-face; and the programme, workshops, and earlybird registrations are ready for you.](#)

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

*Copyright © 2022 Goodfellow Unit, All rights reserved.*

You are receiving this email as you have previously registered for a Goodfellow Unit event, or have opted in at our website [www.goodfellowunit.org](http://www.goodfellowunit.org)

**Our mailing address is:**

Goodfellow Unit  
The University of Auckland | Grafton Campus  
22-30 Park Ave, Grafton  
Auckland, Auck 1023  
New Zealand