A walk through the Meadows can take away your stress and strain by Annphilip

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As the world is moving behind hi-tech products and technologies, people forget or never try to know the Mother Nature's importance in their life. Thereby, their body become sluggish and blood will not getting proper aerations. Some groups of people are health conscious and they go to the gym to improve their health and maintain fitness. Do you really think that you have to depend on instruments like treadmill, elliptical, bike and rowers to get a healthy body and calm mind? Or, we just don't want to remember that we have a cheapest, safe and sensible form of exercise in the world, which is morning walk.

Mornings are considered as the most auspicious time of the day. So lots of people have made the morning walk an essential mantra to improve the quality of life. Going for a walk in the dusk or dawn not only increases your body metabolism and blood circulation, but also reduces the sugar level in the blood. Since that time comes after a long night's rest, our body and mind will be calm and we will be able to enjoy the beauty of nature. When the soft chirping of a bird relieves your mind, a blue colored sky, blooming buds and soft and gentle breeze take away all your stress and worries and rejuvenate you. Those five to thirty minutes can also help to make bonds with nature more deep and intuitive. It may also rekindle the talents lying inactive inside your mind.

Now everything is possible with a single mouse click, so we are getting restricted to our home and work place. No one is bothered about going out and getting some fresh air. Most people wanted to get complex tasks done within no time, while taking pleasure of the air conditioned room. This not only affects their body, but also influences their mental and creative behavior. As life has become more comfortable and relaxed, we have to find time for exercise.

If you plan to go for morning walks, then always try to get the company of your neighbors or friends. This can make your exercise more interesting and effective. If your friends are not available, then give your pet puppy a chance to come with you, thereby making the walk more exciting and full of energy. As music has got a magical power in consoling mind and removing anxieties, listening to music while walking can revitalize your body. It is always advisable to change the routes of your walk at least twice in a week. This gives a chance to exploit neighboring places and finding new companions.

One of the primary reasons for taking long walks is to reduce body fat and maintain good body structure. To check the amount of calories burned by a person, we have to know the weight of that person and how fast he walks. A person walking three miles per hours can approximately burn 0.027 calories per minute. Meanwhile, a person walking four and a half miles per minute can burn nearly 0.047 calories per minute. Watching health and fitness programs that come in channels of your television from service providers like Dish TV Offers, and practicing according to instructions, might serve you the purpose of a good and healthy body within 3 weeks of time.

Even doctors are prescribing morning walk as a good medicine for ailments like diabetes, heart related diseases, heartburn and stomach ailments like gas, indigestion etc. So make morning walk a practice, as it can clear your mind, stimulate your senses, widen your focus for the day and helps you to get a good sleep in the night.

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Annphilip - About Author:
Ann writes articles about health and fitness from her own personal experience and often watches programs telecasted in channels connected by service providers like a Dish TV Offers. She likes to remain fit and for that she even read books on good health and exercises and practices it in her life.

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