

The Best Exercise

People need exercise to stay healthy. Adults should exercise 20 minutes daily, but most people do not. Activities like swimming, lifting weights, and playing sports are often inconvenient or too expensive. The best type of exercise is walking because it is easy, convenient, and usually done outside.

Walking is easy. When exercise is too difficult, people stop doing it. However, when exercise is simple, people often enjoy it and continue to do it. Also, easy activities cause fewer injuries and less pain than strenuous activities. Walking is great exercise because it is simple and pleasant to do.

Walking is convenient. A person can walk anywhere—in the city, country, or mountains. Many other forms of exercise require special equipment or locations. For example, swimming requires a pool. Lifting weights requires barbells and benches. Walking can be done anytime and anywhere without special preparation.

Walking is often done outside. During exercise, the body produces chemicals called endorphins and serotonin, which calm stress and make people feel happy. Scientists found that people who spend time outdoors in nature feel happier than people who do not. Walking outside helps mental and physical health.

Walking is an ideal exercise. It is easier than many other sports. It is also more convenient than many other activities, as a person can do it at almost any time or place. Finally, walking is usually done outside, which helps people feel happy and less stressed. Everyone who wants regular exercise should try walking.