

walking brittany

Walking Brittany: A Delightful Companion for Outdoor Enthusiasts

Walking Brittany dogs are quickly becoming one of the most popular choices for those who love spending time outdoors. Known for their versatility, affectionate nature, and boundless energy, these dogs make excellent walking partners and loyal family members. Whether you're a seasoned hiker or someone who enjoys leisurely strolls in the park, a walking Brittany can add joy, companionship, and a touch of adventure to your daily routine.

Understanding the Walking Brittany Breed

Before diving into the joys and practicalities of walking Brittany dogs, it's important to understand a bit about their background and characteristics. Originating from France, the Brittany is a breed traditionally used for bird hunting, which explains their remarkable stamina, intelligence, and agility. Unlike many pointing breeds, the Brittany is often described as a versatile gundog, excelling both in fieldwork and as a family pet.

Brittanys are medium-sized dogs, typically weighing between 30 to 40 pounds, with a compact yet athletic build that makes them ideally suited for long walks and outdoor activities. Their coat is generally short to medium length, often displaying orange and white or liver and white patterns, which require minimal grooming but do benefit from regular brushing to keep it healthy.

Temperament and Personality

One of the reasons walking Brittanys are so beloved is their friendly and eager-to-please disposition. These dogs are affectionate and social, often forming strong bonds with their human families. They are intelligent and quick learners, which makes training for leash walking or more advanced obedience commands relatively straightforward.

However, their high energy levels mean they thrive best in homes where they get plenty of exercise. Without adequate physical activity, a walking Brittany can become bored and develop unwanted behaviors. Their natural hunting instincts also mean they may have a tendency to chase after small animals, so proper training and a secure environment are critical.

Why a Walking Brittany is the Perfect Outdoor Companion

For anyone who loves spending time outdoors, a walking Brittany offers a unique blend of enthusiasm and reliability. Their endurance and love for exercise mean they can keep pace on long hikes, energetic trail runs, or casual walks around the neighborhood.

Endurance and Energy

Brittanys were bred to work all day in the fields, which means they have built-in endurance that few other breeds can match. This makes them ideal for active owners who want a dog capable of covering many miles without tiring quickly. Their energy also translates into an upbeat attitude, making walks feel less like a chore and more like a fun shared adventure.

Adaptability to Various Terrains

Whether you're walking through forest trails, coastal paths, or city parks, the walking Brittany adapts well to different environments. Their agile bodies and keen senses allow them to navigate uneven terrain with ease. They also have a natural curiosity that keeps them engaged and excited, helping to prevent boredom on longer outings.

Training Tips for Walking Brittany Dogs

Although walking Brittanys are intelligent and responsive, they do require consistent training to ensure enjoyable and safe walks. Their hunting instincts can sometimes lead them to pull on the leash or attempt to chase after wildlife, so early socialization and leash training are crucial.

Leash Training Essentials

Starting leash training when your Brittany is a puppy can set the tone for years of pleasant walks. Using positive reinforcement methods like treats and praise encourages your dog to stay close and walk calmly beside you. If your dog tends to pull, consider using a front-clip harness, which provides better control without causing discomfort.

Recall and Obedience

A reliable recall command is essential for any walking Brittany, especially since their prey drive can tempt them to dart off if given the chance. Practice recall in a secure area and gradually introduce distractions to make sure your dog responds even in stimulating environments.

Socialization

Introducing your walking Brittany to other dogs, people, and various environments at an early age helps them become well-rounded and less reactive during walks. This makes outings more enjoyable for both you and your dog, reducing the chances of conflicts or anxiety.

Health Considerations for Active Walking Brittanys

To keep your walking Brittany in top shape, regular veterinary care and a healthy lifestyle are essential. Because of their active nature, these dogs can sometimes be prone to joint issues or injuries if overexerted or not properly cared for.

Exercise Balance

While Brittanys thrive on physical activity, it's important to balance exercise with rest, especially for younger puppies and older dogs. Overworking a young Brittany can lead to joint problems, so gradual increases in activity are recommended.

Nutrition and Hydration

A high-quality diet tailored to an active dog's needs supports muscle development and overall energy levels. Always ensure fresh water is available during and after walks to prevent dehydration, especially in warm weather.

Regular Check-Ups

Routine veterinary visits can catch any health issues early, including hip dysplasia or ear infections, which are somewhat common in the breed. Maintaining vaccinations, dental care, and parasite prevention also contributes to your dog's long-term well-being.

Enhancing Your Walking Brittany Experience

Walking your Brittany can be more than just a routine; it can become a fulfilling activity that strengthens the bond between you and your dog. Here are some ways to make the most of your walks:

- **Vary the Routes:** Exploring new trails or parks keeps the experience exciting and mentally stimulating for your Brittany.
- **Incorporate Training Sessions:** Use parts of your walk for obedience practice or trick training to engage your dog's mind.
- **Bring Along Interactive Toys:** A ball or a tug toy can add playtime during breaks and keep your dog entertained.
- **Join a Dog Walking Group:** Social walks with other owners can provide valuable socialization for your Brittany and an enjoyable community for you.

Walking Brittany dogs aren't just pets—they're partners in adventure. Their lively spirit and affectionate nature make every walk something to look forward to. With the right training, care, and enthusiasm, a walking Brittany can enrich your life and turn ordinary walks into cherished memories.

Frequently Asked Questions

What is a Walking Brittany dog?

A Walking Brittany is a type of Brittany Spaniel that is bred and trained primarily for walking or pointing game during hunting, rather than flushing. They are known for their endurance and excellent scenting abilities.

How is a Walking Brittany different from a Field Brittany?

The Walking Brittany is bred to cover ground more methodically and at a slower pace, often working closer to the hunter, whereas the Field Brittany tends to be more energetic and covers more ground quickly.

Are Walking Brittanys good family pets?

Yes, Walking Brittanys are generally friendly, intelligent, and affectionate dogs that can make excellent family pets, provided they receive enough exercise and mental stimulation.

What kind of exercise does a Walking Brittany need?

Walking Brittanys require regular, vigorous exercise such as long walks, runs, or hunting sessions to keep them healthy and happy. They thrive with activities that engage both their bodies and minds.

How do you train a Walking Brittany for hunting?

Training a Walking Brittany involves basic obedience, scent training, and exposure to birds or game. Positive reinforcement and consistent practice are key to developing their natural hunting instincts.

What health issues are common in Walking Brittanys?

Walking Brittanys can be prone to hip dysplasia, epilepsy, and certain eye conditions. Regular veterinary check-ups and responsible breeding can help minimize these risks.

Can Walking Brittanys live in apartments?

While possible, Walking Brittanys are active dogs that do best in homes with access to outdoor space. Apartment living requires a strong commitment to providing ample daily exercise.

How often should you groom a Walking Brittany?

Walking Brittannys have a medium-length coat that benefits from weekly brushing to remove loose hair and prevent mats. Bathing can be done as needed depending on activity level.

What is the typical temperament of a Walking Brittany?

Walking Brittannys are known for their friendly, energetic, and intelligent temperament. They are eager to please and often enjoy being involved in family activities and outdoor adventures.

Additional Resources

Walking Brittany: Exploring the Breed's Walking and Exercise Needs

walking brittany is a phrase that resonates strongly among dog enthusiasts, trainers, and owners who are familiar with the energetic and agile nature of the Brittany Spaniel. Known primarily as a versatile hunting dog, the Brittany has evolved into a popular companion breed celebrated for its intelligence, stamina, and friendly disposition. This breed's exercise requirements, particularly its need for regular walking and physical activity, are essential topics for prospective and current owners aiming to maintain a healthy and balanced lifestyle for their dogs.

Understanding the walking needs of a Brittany dog is crucial due to its high energy levels and historical background as a pointing and retrieving dog. Unlike more sedentary breeds, the Brittany demands ample exercise to prevent behavioral problems and to support its overall well-being. In this article, we will delve into the specifics of walking a Brittany, analyze its exercise requirements, and offer insights into how to optimize daily walks and physical activity for this dynamic breed.

The Physical and Behavioral Profile of the Brittany

Before discussing walking routines and exercise strategies, it is important to understand the Brittany's breed characteristics. The Brittany is a medium-sized gun dog, typically weighing between 30 to 40 pounds, with a compact, muscular frame designed for endurance and agility. Originally bred in France for upland game hunting, the breed exhibits keen scenting abilities, quick reflexes, and an enthusiastic approach to physical challenges.

Behaviorally, the Brittany is highly intelligent, affectionate, and social. These traits make the breed an excellent family dog but also contribute to its high activity requirements. Without sufficient physical and mental stimulation, a Brittany can become bored, which often leads to destructive behaviors such as chewing, digging, or excessive barking.

Exercise Needs and Walking Frequency

The cornerstone of managing a Brittany's energy is through consistent and adequate exercise. Walking is the simplest and most accessible form of exercise for most dog owners, but the quality and duration of walks for a Brittany need careful consideration.

Veterinary and breed experts commonly recommend at least 60 to 90 minutes of walking or equivalent physical activity daily for a Brittany. This can be segmented into two or three sessions, including brisk walks, jogs, or off-leash running in safe environments. The breed thrives on activities that engage both its body and mind, so incorporating varied walking routes with opportunities for sniffing and exploring is beneficial.

Optimizing Walking Routines for a Brittany

Given the breed's hunting background and zest for activity, a routine walk may not suffice. Owners often complement walking with other forms of exercise such as fetch, agility training, or swimming. However, walking remains foundational, particularly for socialization and leash training.

Leash Training and Walking Safety

Walking a Brittany on a leash requires consistent training to manage its energetic impulses. Due to their eagerness, Brittanys can pull or lunge if not properly leash trained. Using positive reinforcement techniques and equipment like front-clip harnesses can improve control and walking experience.

Safety considerations are paramount. Brittanys have a natural prey drive, so walks in areas with wildlife or other small animals can trigger chasing behavior. Owners should be vigilant and consider using long lines in enclosed spaces to provide freedom while maintaining control.

Seasonal and Environmental Factors

Walking a Brittany also involves adapting to climate and environmental conditions. Their coat, which is dense but not overly insulating, is suitable for moderate weather but may require adjustments in extreme temperatures.

During hot weather, early morning or late evening walks help avoid heat exhaustion. Conversely, in colder climates, shorter but more frequent walks, along with protective gear such as dog jackets, ensure comfort. Terrain is another factor; Brittanys enjoy natural settings like trails and fields where their agility and curiosity can be fully expressed.

Benefits of Regular Walking for the Brittany

The advantages of maintaining a consistent walking schedule for a Brittany extend beyond physical health.

- **Weight Management:** Regular exercise helps prevent obesity, a common concern that can lead to joint issues and reduced lifespan.

- **Mental Stimulation:** New smells, sights, and sounds during walks engage the dog's senses, reducing boredom-related behaviors.
- **Socialization:** Exposure to other dogs, people, and environments during walks promotes confidence and reduces anxiety.
- **Bonding:** Walks are opportunities for owners and their Brittany to strengthen their relationship through shared experiences.

Comparing Walking Needs with Other Sporting Breeds

When considering the walking and exercise needs of the Brittany, it is useful to compare it with similar sporting breeds such as the English Springer Spaniel or the German Shorthaired Pointer. While all these breeds require ample activity, the Brittany often demands slightly less intense exercise than the German Shorthaired Pointer but more than many non-sporting breeds. This middle ground makes the Brittany a versatile choice for active families who want a dog that enjoys outdoor activities but is not overly demanding.

Challenges and Considerations When Walking a Brittany

Despite their enthusiasm for walking and exercise, Brittany owners may face some challenges.

High Energy and Excitability

One of the primary challenges is managing the breed's tendency to become overly excited during walks. This can manifest as pulling on the leash, jumping, or darting toward distractions. Early and consistent obedience training is critical to mitigating these behaviors.

Health Considerations Related to Exercise

While Brittanyes are generally healthy, some individuals may be prone to hip dysplasia or elbow dysplasia, conditions that can be exacerbated by excessive or improper exercise. Owners should consult veterinarians to tailor walking routines appropriate to their dog's age and health status.

Time Commitment

Meeting the walking needs of a Brittany requires a significant time investment. For busy individuals or families, this may necessitate planning or enlisting help from dog walkers or daycare services to

ensure the dog's requirements are met.

Walking Brittany: A Commitment to an Active Lifestyle

Ultimately, walking a Brittany is more than just a daily task; it is a commitment to an active lifestyle that honors the breed's natural instincts and energy levels. For those willing to invest time and effort, the rewards include a well-balanced, happy, and healthy companion.

The walking brittany experience showcases how understanding a breed's specific exercise and stimulation needs can enhance both the dog's quality of life and the owner's satisfaction. By integrating varied walking routines, attentive training, and mindful safety practices, owners can unlock the full potential of their Brittany Spaniels, forging a lasting bond grounded in mutual well-being and enjoyment.

[Walking Brittany](#)

Related to walking brittany

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there **is** a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Walking: Trim your waistline, improve your health - Mayo Clinic Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. For example, regular brisk walking can help you:

Why Walking Is the Ultimate Exercise: 13 Benefits and Safety Tips Walking provides many health benefits, including improved cardiac function, lowering cholesterol, and improved mood. It is a simple and hassle-free activity that can be

Walking Workouts: Benefits, Intensity, and More - WebMD Walking also eases stress, helps you sleep better, and can boost your outlook on life. Walk at a brisk pace for 30 minutes or more on most days. Do it alone or with a friend

15 Health Benefits of Walking, According to Doctors and Trainers From helping you lose weight to reducing your risk of chronic diseases, the benefits of walking have body-wide perks, experts say

5 surprising benefits of walking - Harvard Health Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits. Here's a list of

8 Science-Backed Benefits of Walking Daily - Runner's World Research shows that walking daily can be beneficial for physical health and mental wellbeing. Walking can lower blood pressure, boost mood, and aid weight loss

Walking Plan and Schedule for Beginners - Verywell Fit Are you getting started with walking for fitness? Use this beginner's weekly walking schedule to build up your time, distance, and walking speed

Join a Walk - Health Benefits of Walking - Walk with a Doc Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's okay), and best of all - free! Many diseases, conditions, and ailments can be

Walking Faster vs. Farther: Which Routine Delivers More Benefits? Walking farther boosts your endurance. Before we go deep, it's worth noting that there *is* a minimum speed you want to achieve to make sure you're getting a good enough

Benefits of Walking: Exercise, Calories, Weight Loss Tips Walking as a form of exercise has numerous health benefits, including weight loss, improved cognitive function, reduced risk of depression, reduced risk of breast cancer and

Related to walking brittany

Beach City area woman dies days after being hit by SUV while walking in the road (Canton Repository1d) A 33-year-old Beach City area woman who was walking on the road when she was hit by an SUV has died. Where's what happened

Beach City area woman dies days after being hit by SUV while walking in the road (Canton Repository1d) A 33-year-old Beach City area woman who was walking on the road when she was hit by an SUV has died. Where's what happened

Brittany Cartwright Reveals How New Man Brandon Reacted to Her "Really Hard" Career Decision (Bravo TV on MSN1d) "We just kind of laugh about it because I feel like almost every day, there's something random about me in the news, or people saying something mean about me," Brittany said. "It's something that he

Brittany Cartwright Reveals How New Man Brandon Reacted to Her "Really Hard" Career Decision (Bravo TV on MSN1d) "We just kind of laugh about it because I feel like almost every day, there's something random about me in the news, or people saying something mean about me," Brittany said. "It's something that he

Related Articles

- [principles applications of electrical engineering by giorgio rizzoni](#)
- [gcu financial aid disbursement](#)
- [court ordered domestic violence assessment](#)

[Back to Home](#)