

# 4 reasons why walking can boost your mood



# Walking is a simple yet effective exercise that can do wonders for both your physical and mental health



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By Health Shield's Wellbeing Team

Apart from being a great way to stay fit, walking can also boost your mood and make you feel happier and more energised. In this blog post, we'll explore some of the reasons why walking can have such a positive impact on your mental and emotional well-being.

## 1 Mental Benefits

Walking can have a profound effect on your mental health, helping to reduce symptoms of depression, anxiety, and stress. Walking outdoors, in natural environments, has been shown to be particularly effective at reducing feelings of anxiety and depression. Studies have found that spending time in nature can help to improve mood, increase feelings of well-being, and reduce negative thoughts. Walking gives you time to yourself, to collect and distract yourself in a positive way and it's completely accessible to everyone.

## 2 Physical Benefits

Walking is a low-impact exercise that is easy on your joints and can help to improve your cardiovascular health.

Studies show that due to the cost of living crisis many people are having to cancel their gym memberships, with London Sport showing that 39% of people are being impacted with the rising costs of living. With walking helping to strengthen muscles, improve balance and coordination, as well as keeping bones strong, it's a great way to get moving.

## 3 Increased Endorphins

Walking can increase the production of endorphins, which are the natural feel-good chemicals in the brain. Endorphins can help to reduce pain, improve mood, and promote feelings of wellbeing. Walking can also increase the release of other neurotransmitters, like serotonin and dopamine, which can help to improve mood and reduce anxiety.

## 4 Reduced Stress Hormones

Walking helps to lower levels of stress hormones like adrenaline and cortisol, which can build up in response to daily pressures, replacing them with endorphins to boost mood. While exercising, blood flow is diverted to the muscles which can help clear the head and make us feel in the here and now, rather than worrying about what's next. Regular exercise not only helps to get rid of the stress build-up, it can also prevent stress levels from rising in the first place.

Making time for something as simple as walking can be beneficial, not only for your work-life balance, but also for your physical and mental well-being. In order to get the best out of your work, you have to be in the right frame of mind and walking is something that can help with this. For those who want to step things up and would like to try running too, but aren't sure where to start, some great free tools are available.

In the UK more than [6 million people](#) used the couch to 5K running app last year alone; a free running program designed for beginners to help them with a gradual, structured 12-week programme. Regular running has been shown to help improve mental health as well as reducing the effects of long-term illnesses, such as heart diseases, strokes and diabetes, so it's positive effects are well worth the effort.

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