

The latest in
**PHYSICAL
HEALTH**

GET WALKING!

Walking is our most natural form of exercise. It clears the mind, improves mood, and can help cut cravings.

Walking also produces a figure-of-eight movement through the spine, with its middle creating a supportive massage across the adrenal gland area. This gives a de-stressing rhythmic motion through the lower back, abdominal muscles and organs: the opposite to the rigidity caused by sitting in one position on a chair after an hour. Ten thousand steps (2 miles) a day is a basic requirement.

Taken from *The De-stress effect* by Charlotte Watts (£12.99, [Hay House](#))

