

Effects of Morning Walk in Humans

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ABSTRACT

This article aims to put light on the positive effects of morning walks on the health of humans. A morning walk is a physical exercise that poses beneficial effects on the behavior of humans. It makes us active, energetic, and social. It helps in maintaining blood pressure and combating chronic cardiovascular diseases. This article demonstrates the various benefits of walking on our health. Sleeping patterns are a major problem in elders that can be managed by walking. Morning walk has certain physical, psychological, and biochemical aspects on humans that are explained in the article. Overall, morning walks provide quality of life.

Keywords: Walk, Health, Stress, Behavior, Human

Introduction

Human health has prime importance, and mental and physical health is bound to society or nature. Physical performance is determined by physical activity [1]. Walking is a moderate type of physical exercise. It is a simple type of exercise that has fewer injury risks and is affordable to all, as there is no requirement for specific instruments. It may be on any open side like along the canal, in greenery, hill, on college or university grounds, public parks, recreational sites, and sandy beach. Morning walks can be done individually or with a group of people that keep us social. A morning walk awakens the mind from drowsiness and sleep and opens our mind to whole-day activities [2]. Greenery gives a pleasing and refreshing touch to our eyes. Morning walks leave certain benefits to our behavior like making us more active, and calm, and reducing stress. We spare some time from our busy routine and get stress-free environment that leaves a positive effect on our minds. Morning walks improve our personality by helping reduce anger, good sleeping patterns, immunity to combat diseases, etc. It makes contact with nature and helps to witness the scenery outside the home [3]. Give us the strength to tackle the chronic diseases. Walking for 30 minutes a day proved to reduce the incidence of obesity, cardiovascular, and colon or breast cancer. In cold areas walking in the morning or afternoon is the best source of exposure to sun rays [4]. In this article, we will understand the various effects of morning walks on our behavior and health in the upcoming sections like effects on behavior, mental health, cardiovascular system, sleep, obesity, and age.

Effect on Behavior

A morning walk is supposed to shower enhancing effects on our mood and behavior. Fresh air reduces stress makes us feel happier, decreases our anger, and makes us more social [5]. Evoke us to do more social work because it provides more activeness and confidence in us. Morning walks can be in groups that promote our interaction with other people and strengthen our connection with our family and friends. Social interactions prevail as people of different ages meet and change words, which makes them more confident. Strengthening the immune system reduces stress and makes us energetic [6]. Companion and non-companion animals at walk sites provide psychosocial advantages and improve our behavior towards animals [7]. It changes the sedentary lifestyle of people who work alone, that provide better health. Morning walks may be a source of enjoyment for the children. Behavioral economics and psychology applied in a change of behavior and health by morning walk.

Effect on Mental Health

The walk gives a refreshing sound to our brain and makes it healthy. In our daily hectic routine, when we spare some time for ourselves and go for a walk, makes our minds strong. Natural environments help to reduce the effects of anxiety, dementia, and depression [8]. Improve the memory power of the brain because walking or exercise increases blood circulation to the brain. Physical activity can reduce the symptoms of depression within 3 months of activity.

Effect on the Cardiovascular System:

Morning walk is beneficial in making us healthy by reducing blood pressure and hypertension. Heart diseases are mostly linked to old age people, and morning walks are very effective in reducing heart diseases in them. Because of aging, cells begin to decline which leads to deterioration and degenerative diseases [11]. Morning walks or exercise is the best alternative to medical

therapy. Regular exercise maintains the elasticity of blood vessels and reduces the load on the heart. When the heart improves its performance, it plays a positive role in most related organs like the lungs and muscular system which in turn help in good venous return.

Effect on Sleep

Insomnia (disturbed sleeping patterns) can lead to fatigue, depression, concentration, and restlessness. Sleeplessness causes physical and psychological illness. Morning walk through its refreshing effect on our brain resolves the sleeping patterns. It improves the sleep quality. [12]

Effect on obesity

Obese people do less activity which entangled them to many diseases that increase the treatment cost [13]. Morning walks can increase physical activity in them. Exercise helps in the management of weight and gives us a leaner shape body. It enhances the metabolism of an individual and that leads to more burning of calories throughout the day.

Effect on Age

The walk makes us younger than our fellows by diminishing age-related conditions. Exercise prevents the occurrence of pathological changes and reduces the mortality and morbidity ratio [14].

Limitations

There are some disadvantages that lead to a reduced number of walks like safety concerns and physical limitations. We feel tired after walking or exercising.

Conclusion

Walking in the morning has many positive effects on our behavior that can't be negotiated. Walking or exercise is the best non-therapeutic treatment for vascular diseases, especially in the elderly. The effects of walking on the behavior are prominent and differentiate them from those who don't exercise or walk. It causes positive changes in our attitude and behavior that promote our social circle. Morning walks significantly improve our mental health, sleep, life span, and immune system. It helps to reduce weight in obese people. Morning walks enhance the overall health of an individual. We encourage people to do morning walks or exercise because it improves the health of our nation and makes them happier and more relaxed.

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