Wellness

Wednesday



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Find your path to total well-being!

Walking This Many Steps Daily Has Huge Benefits For People Who Sit All Day.

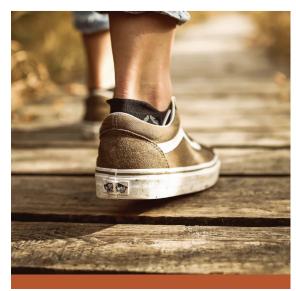
In today's modern world, many of us find ourselves spending the majority of our day sitting. Whether it's at a desk in the office or on the couch at home, this sedentary lifestyle can have detrimental effects on our health. But fear not, because there is a simple and effective solution: walking. A new study published in the British Journal of Sports Medicine reveals that walking can combat the harmful effects of prolonged sitting and significantly improve our overall health and well-being. In this Wellness Wednesday, we'll explore the benefits of walking, how many steps you should aim for, and practical tips to incorporate more walking into your daily routine.

The Dangers of Sedentary Lifestyles
It's no secret that a sedentary lifestyle is bad for our health. Research has shown that prolonged sitting increases the risk of heart disease, weakens our muscles, and is linked to certain types of cancer. Unfortunately, approximately 80% of jobs in the United States are sedentary, making it a widespread problem that affects many people. Even if we were to guit our sedentary jobs, it's likely that we would find ourselves in another role that requires us to sit in front of a computer for hours on end. So what can we do to counteract the negative effects of a sedentary lifestyle?

The Power of Walking

According to the study published in the British Journal of Sports Medicine, walking can be a game-changer for those who sit for long periods. The researchers found that walking between 9,000 and 10,500 steps per day can significantly reduce the mortality risk and lower the chances of developing cardiovascular disease. The study involved 72,174 participants who wore movement trackers for seven days, enabling researchers to track their sedentary time and movement time. The average age of the participants was 61, and they spent an average of 10.6 hours per day being sedentary.

The results of the study were astonishing. Those who walked within the recommended range of steps had a 39% lower overall mortality risk and a 21% decreased risk of cardiovascular disease. Even walking between 4,000 and 4,500 steps per day accounted for about 50% of these benefits. The study also revealed that walking at least 2,200 steps each day still resulted in a lower risk of mortality and cardiovascular disease.



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How to Increase Your Daily Step Count

Now that we understand the benefits of walking, let's explore practical strategies to increase our daily step count. Incorporating more walking into our daily routine doesn't have to be complicated or time-consuming. Here are several effective ways to get those steps in:

1. Walk with a Friend or Neighbor

Walking with a friend or neighbor not only makes your walk more enjoyable but also holds you accountable for developing a walking habit. You can motivate each other and stick to your walking routine. It's a great opportunity to catch up, socialize, and build stronger relationships while improving your health.

2. Listen to Podcasts or Audiobooks

Designate a specific podcast or audiobook that you only listen to during your walks. This will create excitement and anticipation, making you look forward to your daily walks. It's a win-win situation: you get to enjoy your favorite content while reaping the benefits of physical activity.

Explore Nature or Your Favorite Part of the City

Seek out walking paths that bring you joy. Whether it's exploring local nature trails or strolling through your favorite part of the city, being surrounded by nature or the sights and sounds of your favorite neighborhood can make your walks more enjoyable and motivating.

4. Create Walking Loops Inside Your Home

If you find it challenging to get outside for your daily walk, you can still increase your step count indoors. Create walking loops within your house that go through consecutive rooms or the longest straight distance, usually a hallway. Call a friend, put on some music or a podcast, and start walking. You can easily get in a 20 or 30-minute indoor walk this way.

5. Use Stairs for a Walking Workout

If your home has stairs, utilize them for a walking workout. Start by walking up and down one flight of stairs, and gradually increase the number of reps as you build up your endurance. This simple yet effective exercise can help you get your steps in and improve your cardiovascular health.

6. Consider a Desk Treadmill

For those who have the means and space, investing in a desk treadmill can be a game-changer. This innovative equipment allows you to increase your daily step count while performing tasks such as sending emails or completing spreadsheets. It's a convenient way to incorporate walking into your work routine.

Walking is a simple and accessible activity that can have a profound impact on our health, especially for those who have sedentary lifestyles. The study published in the British Journal of Sports Medicine highlights the significant benefits of walking between 9,000 and 10,500 steps per day, including a lower mortality risk and decreased chances of cardiovascular disease. By incorporating the strategies mentioned above, such as walking with a friend, listening to podcasts, exploring nature, creating walking loops indoors, and using stairs or a desk treadmill, you can easily increase your daily step count. Remember, every step counts, and even small changes can make a big difference in your overall health and well-being. So lace up your shoes, step outside, and start walking towards a healthier you!

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INGREDIENTS

- 8 phyllo sheets
- 4 ounces of minced ham steak or deli ham
- Salt and pepper to season the eggs
- 3 ounces of cheddar cheese, shredded
- 2/3 cup of full-fat yogurt
- 8 large eggs

Vegetarian Mini Quiche: Omit the meat altogether and add your favorite veggies, such as bell peppers or broccoli, for a delicious vegetarian option.

Mini Quiche without Crust: If you're looking to reduce your carb intake, you can skip the phyllo crust altogether for a crustless mini quiche.

If you need a healthy, protein-packed breakfast to make ahead and eat on the go, you'll love this easy mini quiche recipe with ham and cheese. It's great for breakfast, brunch, meal prep, and back to school.

MINI QUICHE RECIPE WITH HAM AND CHEESE

To lighten up the quiche, I use phyllo crust and yogurt instead of cream, which adds protein and makes the eggs creamy and delicious. They heat up well or can be enjoyed at room temperature, making them ideal for meal prep. You can also switch up the quiche fillings with your favorite cheese or another meat, like sausage or bacon.

What is the difference between a frittata and a quiche?

Two main differences distinguish a frittata from a quiche. First, in terms of dairy, a quiche is an egg custard that usually includes some form of liquid dairy, such as milk, cream, or half and half. In this recipe, we use yogurt instead. On the other hand, frittatas typically only contain cheese as the dairy component. Second, the cooking method differs, with frittatas cooked on the stove and finished in the oven, while quiches are solely baked in the oven.

Nutrition Information

Serving: 2 mini quiches, Calories: 268 kcal, Carbohydrates: 16 g, Protein: 18 g, Fat: 14 g, Saturated Fat: 6 g, Cholesterol: 275 mg, Sodium: 654 mg, Fiber: 0.5 g, Sugar: 1.5 g

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How to Make It

- 1. Heat the oven to 350°F. Spray 12 cups in a muffin tin with olive oil spray.
- 2. Place a phyllo sheet on a clean work surface, lightly spray with oil and top with another phyllo sheet. Repeat with two more sheets and oil.
- 3. Cut the phyllo into 4-inch squares. Fit one square each in the prepared muffin cups. Repeat with the remaining phyllo to make 12 total.
- 4. Divide the ham in each phyllo cup, about 1 tablespoon each.
- 5. Whisk yogurt, egg, salt and pepper until smooth. Evenly divide among the phyllo cups (about scant 1/4 cup in each).
- 6. Top each with 1 tablespoon cheese and bake about 30 minutes until eggs are set and phyllo is golden.

Meal Prep Tips

These mini quiches are perfect for meal prep as they can be made ahead of time and enjoyed throughout the week. Here are some meal prep tips to help you incorporate these protein-packed breakfasts into your routine:

Refrigerator Storage: These mini quiches can be stored in the refrigerator for up to four days. Simply microwave them or enjoy them at room temperature for a quick and convenient breakfast or snack.

Freezer Storage: If you want to make a larger batch, you can freeze the mini quiches for up to three months. When ready to eat, thaw them in the refrigerator overnight or microwave them straight from frozen.

Portion Control: Each serving of mini quiche consists of two mini quiches. This portion size ensures that you're getting a balanced breakfast with the right amount of protein, carbs, and fats.

FEATURED EXERCISE

https://www.self.com/story/bird-dog-exercise

Featured Exercise ► High-Plank Bird-Dog

HOW TO DO IT:

- Start on your hands and knees. Your hands should be shoulder-width apart; your knees should be about hip-width apart.
- Lift your knees off the ground and step your feet back so that your legs are straight and fully extended. Keep your core, butt, and quads tight, and avoid arching your back. Keep your neck in a neutral position by gazing at the floor a few inches in front of your hands. This is starting position.
- Keeping your back neutral, raise one arm in front of you while simultaneously raising your opposite leg. Return to starting position. Repeat the movement again using the other arm and other leg before returning to starting position. This is one rep.

THE BENEFITS:

The High Plank Bird-Dog exercise engages a wide range of muscles throughout the body. By incorporating movement from the arms and legs while stabilizing the core, this exercise effectively targets the core, glutes, low back, upper back, shoulders, abs, and thighs. It is an excellent exercise for building low back support without putting excessive pressure on the low back or compromising its stability.



Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.





