

SITTING IS THE NEW SMOKING

Did you know that walking is one of the easiest ways you can help your health? After sitting for more than an hour, your body halts the production of the fat-burning enzyme lipase by as much as ninety percent. This can greatly work against your health goals. The good news is, adding more walking to your daily routine has a huge impact. Here are a few things you should know about walking for your health.

GET UP AND GET MOVING!

AIDING LIPASE PRODUCTION

Lipase is a type of digestive enzyme or "digestive juice." It helps your body digest fats. Most of your lipase is made in your pancreas, an organ located behind the lower part of your stomach. Lipase is also made in your salivary (spit) glands and in your stomach.

Sitting for more than an hour halts the production of lipase, but why is that important? When lipase production is halted, the rate at which glucose is metabolized will also slow down. Your blood glucose levels can rise, your muscles tighten, and the muscles in your legs don't sufficiently contract to send blood back up to your heart.

You'll start to feel tired because your body is no longer producing enough insulin to take glucose to your muscles. This will cause you to feel hungry even if you just ate and can cause you to eat more.

Walking is the number one way to break this cycle!

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