

WALKING FOR WEIGHT LOSS

Walking is both accessible and effective, and when combined with a balanced diet, supports weight loss and muscle preservation while promoting overall health.



Why Walking Works

- **Effective & Accessible:** Walking is a simple way to boost fat loss, preserve muscle, and improve health.
- **Sustainable:** Easy to incorporate into daily life, making it a long-term solution for weight management.



Key Strategies

- **Balanced Diet:** Pair walking with portion-controlled, nutritious meals.
- **Stay Active:** Aim for 150-250 minutes of brisk walking weekly.
- **Hydrate:** Proper hydration aids metabolism and appetite control.
- **Sleep & Stress:** Good sleep and stress management reduce overeating.

Benefits of Walking

- **Fat Loss & Muscle Preservation:** Burns calories while maintaining muscle for an efficient metabolism.
- **Mood Booster:** Reduces stress and emotional eating, supporting healthier choices.
- **Prevents Weight Regain:** Regular activity helps maintain progress over time.



How Much to Walk

- **Moderate Activity:** Aim for 150-250 minutes weekly (30-50 minutes, 5 days a week).
- **For Bigger Results:** Over 250 minutes weekly can enhance weight loss and prevent regain.

Pair Walking with Healthy Eating

- **Diet Amplifies Results:** Combining walking with a calorie-conscious diet enhances fat loss and preserves lean muscle.
- **Nutrient Focus:** Choose whole, nutrient-dense foods over empty calories for sustained energy.
- **Synergy:** Balanced meals help fuel your walks, while regular walking boosts metabolism and appetite control.



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