

# How walking affects the body



**3 minutes**

Blood pressure  
decreases

**5 minutes  
outside**

Mood improves

**5-10 minutes**

Creative thinking  
improves

**15 minutes  
after meals**

Blood sugar level  
decreases

**30 minutes  
after meals**

Helps to lose weight  
(depending on walking  
speed)

**40 minutes**

Reduces the risk of  
developing coronary  
heart disease in the elderly

**90 minutes  
outside**

Reduces the number  
of depressive thoughts

