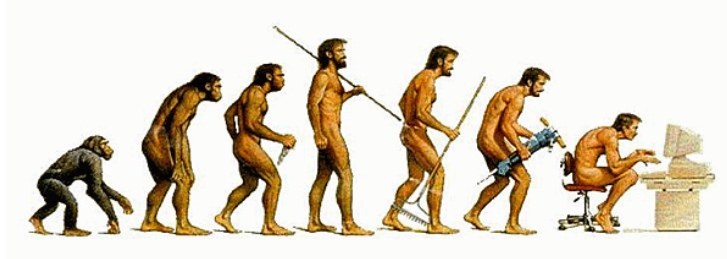




Benefits of Choosing a Walking Counselling Session

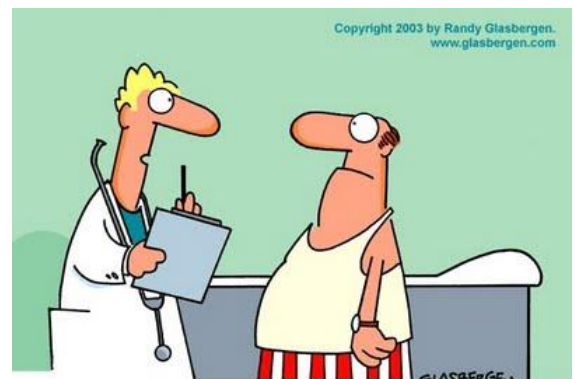
The average person in our society spends more and more of their day sitting each year, unfortunately. Spending many hours sitting comes with many negative health impacts, even for people who get the recommended daily/weekly levels of physical activity.



Choosing a walking counselling session means that you are spending one less hour of your day sitting. Additional benefits of walking include:

- Decreased depression, anger, and anxiety
- Decreased feelings of time pressure
- Increased mood
- Increased engagement
- Feelings of revitalisation and tranquility
- Lower blood pressure and cholesterol
- Beneficial effect on cardiovascular health and weight loss

Exercise is also shown to have positive effects on the brain in a way that can improve academic performance through increased focus, memory, and planning.



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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

*Note: Not all sessions will be appropriate to choose walking counselling. Please be mindful of your mood and what you are expecting to discuss before choosing this option. In addition, it is more difficult to ensure that no one else can hear the conversation when we are walking on a track or outside.