WALKING EVERY DAY AFTER 60

Seven changes studied in people who walk, from Episode 2.

WHAT THE STUDIES FOUND

☐ 1	**Living longer**	In 16,741 women averaging 72, about 4,400 steps a day went with a 41% lower death rate than about 2,700, and the benefit leveled off near 7,500. *(Lee et al., JAMA Internal Medicine, 2019)*
☐ 2	**Blood pressure**	In 73 trials, walking programs lowered the top number by about 4 points. *(Lee et al., Cochrane Database of Systematic Reviews, 2021)*
☐ 3	**Blood sugar after meals**	In 41 adults with type 2 diabetes, a 10-minute walk after each meal left blood sugar after eating 12% lower than one daily 30-minute walk. *(Reynolds et al., Diabetologia, 2016)*
☐ 4	**Knee pain**	In 1,212 people with knee arthritis, those who walked for exercise were 40% less likely to develop new, frequent knee pain. *(Lo et al., Arthritis & Rheumatology, 2022)*
☐ 5	**Mood**	Across 15 studies of 191,130 adults, about 75 minutes of brisk walking a week went with an 18% lower risk of depression than no activity. *(Pearce et al., JAMA Psychiatry, 2022)*
☐ 6	**Dementia risk**	In 78,430 UK adults, about 9,800 steps a day went with about half the dementia risk of the least active. *(del Pozo Cruz et al., JAMA Neurology, 2022)*
☐ 7	**Brain size**	In a one-year trial of 120 older adults, the front of the memory center (hippocampus) grew about 2% with walking and shrank with stretching. *(Erickson et al., PNAS, 2011)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ How many steps a day is a sensible goal for me?
- ☐ If walking lowers my blood pressure, should my pills change?
- ☐ Could a short walk after meals help my blood sugar?
- ☐ With my knee arthritis, is walking for exercise right for me?
- ☐ Could brisk walking help my mood and protect my memory?

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