

5 Easy Places to

Take an Indoor Walk

Can something as simple, relaxing, and enjoyable as walking provide real physical and mental health benefits? Absolutely! Multiple, long-term scientific studies have shown that walking for 30 to 60 minutes a day can improve your health and your mood. For indoor walking, all you really need is a pair of well-fitting shoes.

1. Walk around the house.

When it's too cold (or too hot) outdoors, walking inside is a free and convenient option. Walking around the house can also be an alternative when it's dark or when you have kids at home. Turn up the stereo or put in some headphones and clear a path around furniture. No need to accumulate all the minutes at once, just aim for at least 10 minutes at a time.

2. Walk around the school.

Most schools have hallways that are perfect for longer walks and colleges often have indoor tracks as well. More and more local schools are opening their buildings for before and after-school walking possibilities. If your school doesn't have a walking program yet, talk to the administration about getting one organized for staff and community members.

3. Walk around the office.

Your office is another perfect place to set up a walking circuit. Hallways and staircases are both great options (up and down the stairs helps to build strong leg and seat muscles). Consider a walking-talking meeting with a colleague. You can also use your morning and/or afternoon break time to walk your way to fitness - 10 to 15 minutes at a time.

4. Walk around the hospital.

Recognizing the many benefits of walking for physical and mental health, many facilities have indoor walking areas for their staff and the community. Some hospitals also have fitness centers that are open to the public for a nominal fee. Call the hospital community relations office or ask your health care provider about possible walking programs.

5. Walk around the mall.

Most American malls have become popular indoor walking places, especially during weather extremes. Many malls are open to walkers before store hours and some have marked distances and special offers for coffee or breakfast. In some areas, there are actual clubs of mall walkers for different groups such as seniors or moms with strollers.