

A study on Changing Scenario of Walking in “Generation Z”

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Abstract

While the exact origin of humanity on Earth remains unknown, it is established that humans have been walking since the early stages of their existence. This research paper delves into the cardiovascular benefits of walking, highlighting evolving walking trends and methods tailored for contemporary societies. The study is beneficial to various groups, including older adults, young scientists, and athletes, presenting insights into the Japanese walking style, which advocates 30-minute sessions, and the innovative 6-6-6 walking method. Additionally, the paper explores Nordic walking as a rehabilitation tool for injured individuals, and emphasizes that the 6-minute walking distance is an optimal workout for older adults, underscoring its importance for improving their physical health. Walking meditation is an effective practice for soothing the mind while simultaneously appreciating the surrounding environment.

Keywords: - Walking, Cardiovascular, Health, Fitness, Workout

Introduction

The question of why one should walk is prevalent among Generation Z, whose preference often lies with gyms and yoga studios as their primary options for physical activity. In contrast, older individuals often prefer walking, largely due to age-related limitations that prevent them from participating in more strenuous physical activities like running. This paper aims to address and clarify numerous queries regarding walking that individuals may have. Why should I walk?

1. How much time I should walk?
2. What is the common speed for walking?
3. May I lose weight if I walk daily?
4. What distance should I cover, If I walk 6 days in a week.

“Research back it up too, A study 2022 involving over 78,000 adults in the UK found that nearly 9,800 steps daily lowered dementia risk significantly, while even a modest 3,800 steps cut the risk by 25%.” This criterion of study mentioned below,

1. 3 Minutes of slow waking.
2. 3 Minutes Brisk walking (As fast as Possible)
3. It should repeat 30 Min. Daily

The positive influence of “nature contact” on well-being and mental health is supported by a growing evidential corpus, which several reviews have addressed (e.g., Bowler et al., 2010). Indeed, there is substantial evidence for the direct beneficial effects of nature contact on mental health, such as: (1) restorative benefits, including reduction of psychological stress, depression and anxiety, and attention restoration (also reduction in mental fatigue and improvement in cognitive function); and (2) mental well-being improvement (Lovell et al., 2018).

When we start walking in nature then we feel starting there is so many of life problems resolve itself. The main cause is weather impact on our brain and when we see plants and animals that also attract our mind and

give us peace. The advantages of different forms of nature exposure for psychological welfare are also increasingly confirmed (Beute et al.2020). Moreover, so many evidences proved that physical activities, encouraged by natural settings, play a mediatory role between nature and mental health (Hartig et al.,2014). After the whole day work when we walk outside the four walls for Physical exercise, such as walking in natural settings, has been proposed as a novel and desirable approach to mental-illness prevention and health promotion (Bird,2007).

Reviews Of study

“Japanese walking was "developed by Hiroshi Nose and Shizue Masuki, both professors at Shinshu University in Matsumoto,

Now a days Japanese walking become more popular in world wide. Those countries are progressing they know much better what is the cost of their employees. They don't want to over exhaust his employees with work load so they design Gym, yoga and park. They also give tour packages once in the years to maintain the balance of work load. The Japanese Walking method works like this: "Alternate between three minutes of brisk walking and three minutes of slower walking. Repeat this on-off cycle five times for 30 minutes."

A variety of risk factors in relation to urban lifestyles (such as overcrowding, physical inactivity, and a lack of nature connection) have led to negative health outcomes, including the increasing prevalence of mental health disorders (World Health Organization,2022). Author cleared the main causes of disease in metro political cities, these types of problem are very less in the rural area because the population are very less and people are still leaving with trees and rivers. In the modern town temperature are so high so everyone needs AC in office room and car. Job stress is also very common issue for private jobs employees. A range of theories have been proposed to explain why walking in nature might have a positive effect on well-being. Attention Restoration Theory (ART) (Kaplan & Kaplan,1989). On the vacation so many people start going on the peak of Himalaya that main cause they want relaxation for time been to shut down the office file and children school bags. Every one want space in his life and walking is the also best option for relaxation.

Results

In the results few best walking research paper results taken to explain how walking help people in cardiovascular health.

1. Interval Walking Training (IWT)

- a. 3 Minutes of slow waking.
- b. 3 Minutes Brisk walking (As fast as Possible).
- c. It's should repeat 30 Min. Daily.

Benefits of the 6-6-6 Walking Method

In the results of this study. If a person adopts this method it reduced stroke risk, Improve blood pressure. Control mood swing, improve digestion and immunity, and best workout for better sleep.

2. 6 – 6 – 6 Walking Methods.

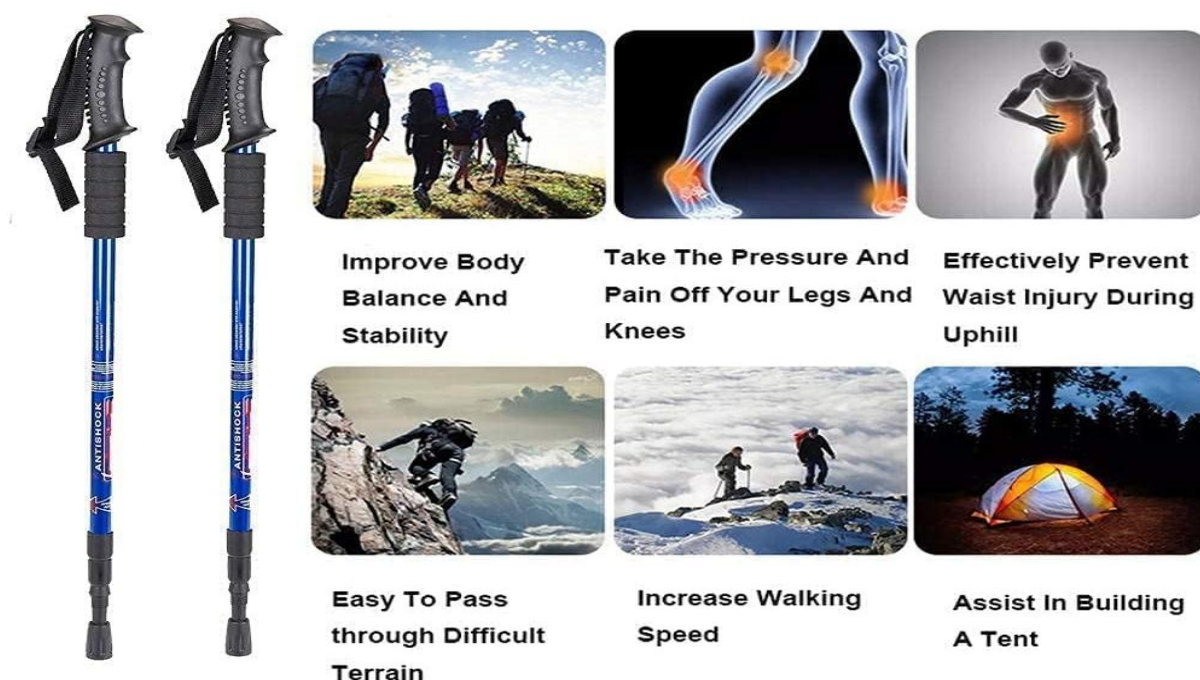
- a. 06 Minute warm up
- b. 6-minute cool down.
- c. 60 Minute fast walking
- d. workout at 6.00 Am and 6.00 Pm

Benefits of the 6-6-6 Walking Method

This study shows this workout is the best for weight management and improve cardiovascular health. It improves flexibility, mobility and also help to reduce stress level.

3. Nordic walking

The Nordic walking (NW) is a relatively new modality of walking training that is performed using ergonomically well-designed poles. This helps us to walk straight. This trend came from the hill walking because hills are so slippery and some time people got injured during walking but these sticks help people in plane, on ice, on mud, on rocks and on road. The purpose of this walking stick is strengthen the body muscle and increase the speed of walking. In India still its take to come in daily routine because the cost of sticks can't be afford by all the people. Indian generation still struggling with poverty and after the heavy work load people just want to go on bad. Ninety percent people don't want to walk after office work.



Benefits Of Nordic Walking.

It improves stability and balance, it reduces stress from knee and thigh muscles. It's a full body workout. It also works as a rehabilitation for older age and injured persons.

a. The Temporal trend 6-minute walking distance

The six-minute walking is designed for above 60 years people. It helps to improve endurance power and cardiac health. In a research paper it proved 6-minute walking is best workout for older age people. (Grant R Tomkinson et.al.)

Furthermore, Stress Reduction Theory originated from an empirical study, which demonstrated that looking at scenery with natural features, such as vegetation or water, generates pleasant emotions, as well as sentiments such as curiosity, enjoyment, and tranquility. These are restorative, and they promote alertness after stress (Ulrich, 1948).

Other mental-health outcomes First, mental well-being was measured in two studies via WEMWBS. One study failed to detect a significant effect of time (Goulding et al. 2018), in line with the PICOS guidance, which

was developed from the Cochrane Handbook for Systematic Reviews of Interventions (Higgins et al., 2019), Second, two observational studies addressed the issue of stress levels. Changes in both perceived stress and body stress of the participants were found, with medium effect size (Koselka et al. 2019)

4. Walking Meditation

Walking meditation is an effective practice for soothing the mind while simultaneously appreciating the surrounding environment. In this technique a person feels the atmosphere, plants, trees, rocks and listen the sound of jungle. This technique helps to forget the past events and make mind healthy. Its best technique to forget the old memories and it's help to overcome fatigue and stress full life styles.

Discussion: -

A research paper has demonstrated that walking is one of the most beneficial exercises for overall health. It is important to approach walking in a systematic manner, regardless of the method one chooses. Individuals should ensure that their walking regimen includes discipline, punctuality, and consistency. While walking does not pose any known health risks, its numerous advantages are immeasurable.

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