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How many feet is 20 fathoms

Years ago, no one thought walking was a real exercise. Now we know it's not just a good workout, it's one of the best fitness activities for the feet and for the whole body, and it's a good way to protect your feet from injuries that can occur with more intense exercise. Many national health organizations, including the President's Council on Fitness and Sports; Centers for Disease Control; American College of Sports Medicine; The National Heart, Blood, and Lung Institute; and the U.S. Department of Agriculture, have issued fitness guidelines praising the benefits of moderate exercise and specifically recommending walking. Advertising First of all, however, it is important to say a few words about running - what most people used to think of as real exercise - and feet. If you are a runner, with each stride you take, you place pressure on the joints of your foot equal to three to four times your normal body weight. It's quite a shock, even for healthy feet. For people who already have bone or joint problems, running is even more harmful. And the impact of your feet flapping the sidewalk intensifies the pressure your shoes exert on foot problems such as onions, hammer toes, horns, injured nails, or bruised heels. The benefits of walking facilitates weight loss. A middle-weight person burns nearly 100 calories per mile while walking, about the same amount per mile you would burn running. Your metabolism, or calorie burning, not only accelerates during the time you actually walk, your body continues to burn fat at a higher rate than usual for one up to six hours after completing your workout. But walking improves your overall health in an even more important way: If you do it quickly (at a rate of three to five miles per hour) and continuously for at least 20 to 30 minutes, it becomes an aerobic exercise. An aerobic exercise if you can do it rhythmically and continuously and at a pace fast enough to force your heart and lungs to work harder to provide oxygen to your main muscles. By forcing your cardiovascular system to pump blood and oxygen continuously throughout your body, aerobic exercise stimulates and strengthens the heart, lungs and muscles. It also promotes circulation and, when done on a regular basis, helps control blood cholesterol levels, which in turn can help keep your arteries clear and healthy. The is that by engaging in a regular aerobic exercise program, you will be less likely to suffer from high blood pressure, heart disease or heart attack. Numerous studies have shown that people who walk quickly for 30 minutes or more most days of the week significantly reduce their risk of heart attack. There are more: A walking routine can help you quit smoking. It reduces nicotine craving and helps counteract the slow feeling many people have when they first give Cigarettes. It can improve your lung capacity, which is especially important for asthmatics, and can even help relieve constipation. (Asthmatics and others with significant health problems, however, should be sure to talk to their doctor before starting any exercise program.) Some studies have even indicated that a fitness walking program may play a role in preventing certain types of cancer. But in addition to all these great incentives, regular walking is good specifically for your feet. It strengthens the foot muscles and conditions so that if you do subject them to unusual tension, they are less likely to be injured or hurt afterwards. Because walking continuously moves joints without placing them under great pressure, it is often recommended as a good way for people with foot joint problems - including arthritis, gout and onions - to exercise. Also, because walking is what is called a weight-carrying exercise - the demands of exercise are increased by gravity because you are toting around your own weight - it strengthens the bones in your feet, which increases the risk of fracture and help prevent serious bone problems such as osteoporosis. A study conducted at Washington University in St. Louis showed that postmenopausal women actually increased their bone mass through a regular walking routine. Start a walking program, or any other fitness program, should be undertaken gradually, especially if you have never been very active. Diving your head first - or feet first - into a long, vigorous walk after months or years of inactivity will not result in physical fitness or weight loss, but pain. Start a walking routine very modestly and, as weeks and months go by, slowly increase its intensity. You can start by walking 20 minutes a day, three days a week, and gradually add both to the length and frequency of your walks so that after the first three or four months, you walk for 45 minutes a day, five days a week. This last schedule - if you walk at a rate of at least three miles per hour - should produce all the aerobic benefits mentioned in the first part of this page. But even if you can never walk that far or so fast, you will always improve the strength of the muscles and bones of the foot (and your overall health) by walking. To prevent injury, be sure to do stretching and other light exercises (such as those recommended on the foot stretches page) before and after your There are three main styles of walking: slow (non-aerobic) walking, fitness (aerobic) walking, and something called running walking, which is that funny-looking style you saw at the Olympics. Running is, in fact, a sport and is characterized by straight legs (no bending at the knees), swivel hips, pumping arms bent at the elbows, and speeds as high as seven or eight miles per hour. It should only be attempted by people who already in very good physical condition. You do not, however, need to become a running walker to achieve fitness by walking. And if you're an average fitness walker, you don't need to use wrist and ankle weights while you walk to increase the difficulty of your workouts. They are not necessary for aerobic form, and if your bones and muscles cannot hold under extra pressure, you can create new wounds and other lasting problems for yourself. Even experienced walkers can sometimes do too much. As you walk, pay attention to the signals your body sends you. You should never be so out of breath that you can't have a conversation. If you feel pain in any part of your foot or leg, stop -- you may have strained a muscle or you may be injured in another way, or you may become dehydrated and need fluids. To reduce the likelihood that you will exaggerate a pulse walking routine -- and to increase your chances of getting help with injuries if you do -- walk with a partner or join a walking club. To find out if there is a club in your area, call your local YMCA or YWCA, check with health clubs or look for notices posted in schools, libraries and grocery stores. Many malls also sponsor walking groups that walk inside the mall before stores open or after they close. Some final warnings for some readers: Never start a fitness program without consulting a doctor if you: are over 50 years old and are not used to regular exercise.are significantly overweight.have a history of heart problems or high blood pressure.have arthritis or another bone or joint problem.have a medical condition, such as diabetes , which needs everyday attention.are on a prescription drug that could interfere with sweating. Many of these people are actually among those who can benefit most from walking, but a doctor should help them choose the length and intensity of their walking routines. Now you know how to protect your feet while exercising, but have you ever thought about protecting them while you're just standing around? Continue to the next page to learn more. To learn more about treatment and avoid problems with your feet, visit: Foot problems every day: Find out what causes some of the most common foot problems encountered, as well as how to treat them or Avoid them. Foot injuries: Learn about common foot injuries and first aid techniques for feet -- from blisters to broken bones -- with this informative article. Stay up tot with the latest daily buzz with the BuzzFeed Daily newsletter! Whether it's an unexpected question or a decision that needs to be made quickly, it's easy to be caught off guard in the moment just to think about the perfect answer later. Thinking standing requires mental agility, and it is possible to prepare for those moments when you need to think fast. Here are five ways to think better feet:1. Play Thinking GamesBeing fast on your feet is something you can and should practice, says Beck Bamberger, founder BAM Communications. Bamberger's team reserves part of its weekly meeting to expand its skills. We throw a charcutud topical question and call on individuals to respond to the prompt within 60 seconds, she says. A recent question was about Tiger Woods' last Masters win. Bamberger asked his team what brands like Nike should do now that a fallen icon has returned to the spotlight. Once you've had the experience of answering about 30 of these difficult and unpredictable questions, you're much fitter to deal with any questions that clients or audience members can ask you, says Bamberger.Employees at Walker Sands Communications, a public relations agency, practice reflection on their feet by hosting public expression evenings that use improvisation and creative writing games. We asked people to use vivid images to toast or explain a fictional holiday, says Mike Santoro. President. It all came to a final round where groups of people teamed up to launch the group on their next big idea. They had a five-deck slide they had never seen before and had to work to describe a new venture that was getting started. Fun activities can teach good habits like listening, learn about each other with yes and methods and really work together, he says.2. Ask for more informationIf you have been asked a question and you don't have an immediate answer, get more information by asking questions. For example, Tell me about this or Tell me what you mean by XYZ, says Kelley Heider, vice president of innovation at public relations agency SSPR. It will give you a few seconds to have more time to think about it, she says. It can also provide the information you need to answer the question. This is especially useful when you don't really understand the issue. 3. Watching press conferences for inspirationpress conferences can be a good model for thinking on your feet, says Tim Reeves, former Pennsylvania governor press secretary and director of the advertising agency Allen and Gerritsen. There is no safety net; no one can come to your rescue and you don't get do-overs, he says. That's why it's the best place to see examples of thinking fast on your feet. Sometimes the smartest approach is to step back and additional thoughts, data or recommendations, says Ajeet Singh, co-founder and executive chairman of research software company ThoughtSpot. He puts decisions in two buckets: reversible and irreversible. If a decision is easily reversible, it can be made on the spot and of course correct later, he says. Some decisions are difficult to reverse and have a high impact. New leaders should not feel pressured to prove themselves by decisions instantly. 5. Go back to your key messagesYou'll never be able to predict all possible issues, so stop trying, says Ryan Richert, executive director of global media at public relations agency Golin. Many speakers spend their limited preparation time trying to think about the worst questions that can be asked, he says. It's important, but not as important as focusing on your key messages. Get ready by knowing your takeaways and stories for everyone. If so, you can overcome any difficult question by recognizing it, answering it briefly or explaining why you don't have the answer, and then bridging to what you want to discuss with a powerful story, Richert says.For example, saying, It's an interesting question, and it's a question I'm going to have to think about more, but I'm going to share my opinion on the broader subject of your question. And let me tell you about a story that led me to reach that opinion, he says. Your talking points are your security coverage, Reeves adds. Not only are they the points you want to make; these are the places you want to go when you get an unexpected question, he says. In many cases, it's relatively easy to move from their unexpected question to your priority answer. It's about being looking for ways to move from their unexpected questions to your answer islands. While it's important to be able to think upright, don't make decisions based on the tyranny of the moment, says Peter Arvai, CEO of Prezi, online presentation tools. In a world where social media requires us to act quickly and often emotionally, it also leads us to frustration and polarization, he says. [It] drives us all to make bad decisions. It is best to let reason guide. Be clear about your strategy and long-term goals. Spend time thinking about what you want and how you went, says Arvai. With the clarity of where you're heading for the long term-and doing the hard work in advance - you can make the right decisions when you need them quickly and easily.

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