

HEALTHY TIPS TO DO WHILE WALKING

While I walk, although it's raining, I "dry swim"



I would like to use this photo to transmit several good habits.

Firstly, if it's said that we should walk at least 45 minutes daily, then, we should get used to doing it with an umbrella, waterproof clothes and suitable boots so as not to give up this routine in Galicia. Besides, would it be good for our arms to carry a big umbrella? Maybe it would, as long as we alternate our right and left hands.

Secondly, of course, while we walk, we are moving our legs but why can't we also exercise more parts of our body? For example, I do neck stretches: 10 downwards bringing the chin to the chest, 20 right and left movements and 20 movements trying to reach the shoulder with the ear, alternating both right and left, and finally, 10 movements bringing the chin to the front, as much as I can stretch my neck.

Thirdly, I rotate my shoulders, first 10 times backwards and then 10 times forwards, and after that, it's when, at last, "I dry swim". How? As if I were swimming backstroke, but dry! As always, both towards the right and towards the left!

Eventually, I think my body will thank me!