



Well-Being Walkabout

**NEPAL**

Quest For The Summit



## WEEK 1 - Benefits of Walking

### 10,000 DAILY STEPS CAN LEAD TO LIFETIME OF HEALTH

One of the biggest tools for success also happens to be one of the simplest ones.

Walking is something most people can do, regardless of their individual level of fitness. Regardless of whether someone has an active and physical lifestyle or whether the normal physical activity is a short trip from the couch to the refrigerator, increasing the amount of daily walking has significant benefits for both short and long term.

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Walking is free and doesn't require any special equipment or training. Physical activity does not have to be vigorous or done for long periods in order to improve your health.

### Some Benefits Of Walking

**-Cardiovascular fitness**

**-Strengthen bones**

**-Reduce risk of developing conditions such as type 2 diabetes, osteoporosis and some cancers**

**-Low impact way to get in shape and lose weight**

Walking between 7500 and 10000 steps a day is one of the keys of fitness.

**-Improves sleep**

**-Decreases hypertension, reducing risks for heart attacks and strokes**

Walking daily has been shown to increase good cholesterol (HDL) and decrease bad cholesterol (LDL).

**-Reduces stress**

Can quickly help you improve your health when balanced with other positive habits.

**-Increases balance, muscle power and endurance**

**-Improves the mood and battles the effects of depression**

**-Gives you time to think**

Daily walking can act as a form of meditation. It gives you time to mull over ideas. If you have problems at work or at home, a nice walk could help you to come up with solutions.

**-Reduces fatigue**

**-Once you form the habit, it is easy to turn it into a lifestyle change**

Of all the forms of fitness and exercise routines, walking has the highest compliance rate.

**-Slows mental decline**

Daily walking can make you sharper, smarter and reduces the chances for long term mental disease because it helps to increase blood flow through the brain.

### Wearing Your Pedometer

Wearing a pedometer or other tracking method motivates people to walk more. NBC Nightly News recently reported people who wear a pedometer or other tracking method walk one more mile on average than those who do not.





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## Langtang National Park

The Langtang National Park is the fourth national park in Nepal and was established in 1976 as the first Himalayan national park. The protected area exceeds an altitudinal range of 6,450 m and covers an area of 1,710 km<sup>2</sup> in the Nuwakot, Rasuwa and Sindhupalchok districts of the central Himalayan region encompassing 26 Village Executives. It is linked with the Qomolangma National Nature Preserve in Tibet. The high altitude sacred lake of Gosainkunda falls within the park. The Gosainkunda lake and the Dorje Lakpa range bisect the park from east-west to south-east. The summit of Langtang Lirung is the highest point in the park.



## Goasaikunda Sacred Lake

Both Gosainkunda Lake and the August full moon are revered by Hindus and local Shamans alike so there is plenty to see at this time of the year. Hindus have a mass pilgrimage and come to the Lake to bathe away their sins on the date of *Janai Purnima*, the day they traditionally change the sacred thread (*Janai*) that is worn around the neck or hand all year.



## Helambu

Helambu is a region of highland villages in Nepal, about 80 km from Kathmandu. It is the home of the Hyolmo people. The word Helambu derives from the word Hyolmo. The Helambu region begins at the Lauribina La pass and descends to the Melamchi valley. Helambu is famous for its sweet apples and artistic Buddhist monasteries and it is a Buddhist pilgrimage site.

