**A Home Gym and Walking = a Great Exercise Program**

**Summary:**

With the busy lifestyles today few adults with families can afford to take the time necessary to go the health club or neighborhood gym on a regular basis. Heck, even if it's within a short distance, we're talking about several hours commitment per session. Who has time for that!? Still, we all recognize that exercise is just downright good for you.

Still, we all recognize that exercise is just downright good for you. If you name any random 10 medical conditions and diseases, I'm willing to bet money that some form of frequent exercise is a good treatment or preventative measure for at least 9 of them. Diet and exercise pop up as treatments and preventative measures in so many of the diseases that ail us today, and both of these areas are a good place to focus on if your concerned about your health. Even just some simple walking for exercise can go a long way to improving your health. Walking for exercise is fun, easy, and is a great stress reducer but more on that in a minute.

Another idea is that of home gym equipment. now we're not talking about enough equipment to fill up the basement or several bedrooms. What you want is something that you enjoy that can be done in the privacy of your home whenever you desire. My son, who's working on his muscle tone has a resistance weight training program with 1 piece of equipment. The wife likes the aerobic action of a small trampoline and treadmill. The idea of home gym equipment need not be a daunting enterprise, just something that will save hours and allow the exercise program that your desire right from your own home. Another great workout however is simply walking!

The great thing about walking for exercise is that you can do it anywhere. You have absolutely no excuse for not getting up and walking around for at least 30 minutes a day. So it’s raining out? Take an umbrella! Seriously, just get out for a short walk around the block a couple times and you'll thank yourself for it later. If its absolutely miserable out, just walking around your house or apartment a while is better than nothing.

Walking for exercise is extremely low impact, and so anyone of any age can do it safely and frequently without worrying about damaging themselves. Running and other more strenuous forms of exercise can cause all kinds of joint pain and soreness, and isn't recommended unless you are in otherwise good shape.

A lot of recent studies into different forms of exercise are showing that walking is every bit as good for you as running or other more vigorous exercises, you just need to do it longer. If you are walking for exercise, go for at least 30 minutes or even an hour. The more the better, as you can't hurt yourself by walking too much.

There are a lot of exercise programs that are beginning to realize the benefits of walking for exercise. As it is something virtually anyone that can walk can do, there is a huge target market for walking programs. I'd recommend any program that motivates you to walk frequently. Even without one, there are hiking and walking clubs all over the place to join. Not only can walking for exercise be a way to maintain good health, but it can be a good way to meet new people and form new networks.

With so many benefits and virtually no cons, you can't go wrong with walking for exercise. Its only drawback is that it takes time to do, but it is time well spent. What is the value of good health and longevity? Add on a favorite piece of gym equipment and you have everything needed to develop a healthy workout and exercise program without the inconvenience of going to the gym all the time.